Fulham Chronicle

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The Queen's big birthday bash begins

SEE PAGE 13

■ FAMILY VALUES: Fulham Football Club has been praised for its family-friendly ethos after being named Family Club of the Year at the 2016 Football League Awards on Sunday evening. The Whites beat Middlesbrough, Doncaster Rovers, Millwall, Stevenage and Oxford United to the accolade at a gala ceremony in front of over 600 guests from clubs, sponsors and the football industry. Popular mascot Billy the Badger is pictured with two young fans at Craven Cottage earlier this season.
REPORT, PAGE 4

New CCTV backed by mugging victim

Extra surveillance provided by council cameras welcomed

BY JACK DIXON
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A MUGGING victim has said he feels safer on the streets after a new CCTV camera led to the arrests of three suspects in a knifepoint attack.

Keith Hunter, who was preyed upon by muggers 15 years ago, said the extra surveillance was "badly needed" in Alice Gilliatt Court.

Footage taken from the camera was used to track down three suspects who were later arrested following a fight where a man was threatened with a knife.

Mr Hunter, 65, said: "If there is CCTV or a bit of a police presence it frightens them, so this is great news. I do feel safer when there is CCTV like that." The camera was installed in February after residents raised concerns about anti-social behaviour and drug dealing.

Footage was used to help police locate two knives that were discarded following a fight and three men were later arrested for affray and possessing an offensive weapon.

REPORT, PAGE 4

Film hails club that gives youth a chance

FILMMAKERS have celebrated the work of a Fulham youth club in helping to prevent teenagers turning to crime and "postcode wars". Members of the Sands End Youth Club were featured in a new documentary produced by online broadcaster SBTV. The youngsters became stars of the big screen after movie-makers visited the club to capture some of their personal stories on camera. The film was screened at the Marinefield Road club for the first time last week.

REPORT, PAGE 3

Charity cycle hopes for a chain reaction

FULHAM has been revealed as a borough of cycling lovers as the British Heart Foundation found that over a third of Londoners would choose to jump on their bikes as their preferred form of exercise. These findings have been released by the nation's heart charity as it calls for Londoners to get pedalling and sign up to its iconic London to Brighton Bike Ride. Places are still available for the 2016 event, on Sunday, June 19.

REPORT, PAGE 11

GP practice is 'out of date' says new report

ONLY one in three people visiting a GP should be seen by a doctor, a move which could lead to practices offering 20-minute appointments, according to a think-tank. The report, by the Reform think-tank, found that half of patients that are currently seen by GPs could be seen by other clinical staff. It also claimed that there was growing appetite for seven-day routine GP services – a claim disputed by GPs.

REPORT, PAGE 14

A NEW report urges the next London mayor to prioritise environmental issues, including making the capital a National Park City
REPORT, PAGE 6

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Zac reveals his blueprint for London

BY JACK DIXON
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ZAC Goldsmith promised to build thousands of new homes, tighten security on the streets and clean up the capital's air when he spoke in an exclusive interview with *London Weekly News*.

With less than three weeks before polling day, the Conservative candidate for mayor set out his action plan for London, pledging to tackle the housing crisis and the threat of terror.

In a one-to-one with this newspaper, Mr Goldsmith said the upcoming election was not only about "making promises" but delivering the best deal for Londoners.

Mr Goldsmith, the MP for Richmond Park, also committed to:

- building 50,000 new homes a year to close the supply gap in London's housing market;
- flooding the Tube with an extra 500 British Transport Police officers to tighten security;
- making London the "cleanest and greenest city in the world" without damaging local businesses;
- defending culture and the arts by ensuring house-building does not come at the expense of London's "character and dynamism".

Asked why he should be trusted to solve the housing crisis in London, Mr Goldsmith said: "I have committed to ensuring that we get 50,000 homes a year to close the gap between demand and supply. I will deliver it by getting a deal with government so that publicly-owned brownfield land is released for development, and then growing the transport network to unlock it.

"Supply matters but then when you build these homes there is no point building them if they are going to be bought up by investors and left empty. That doesn't help solve the problem and it causes massive resentment. So I've committed to guaranteeing that new homes built on publicly-owned land are for Londoners."

He admitted that London was a "target" for terrorists and pledged to ensure the Met is given the tools to keep the capital safe.

An extra 500 British Transport Police officers would be installed on the London Underground, he said, while backing the Met Commissioner Sir Bernard Hogan-Howe's call to be able to double the number of armed response officers in the event of a major incident.

"We also need to tackle the fact that we do have a homegrown problem," he added. "It means finding a formula that enables us to isolate those who preach hatred but without the rest of the community feeling isolated. That's the balance that we have not yet struck."

A life-long environmental campaigner, Mr Goldsmith also pledged to protect green spaces and build 'pocket parks', while pressing the Government to devolve vehicle excise duty to London.

"I've devoted my whole life to campaigning on environmental issues and that won't change," he said.

"I want London to be the cleanest and greenest city in the world but I want to show that this can be done in a way that doesn't put people out of business and doesn't put communities' noses out of joint.

"There is good environmental policy and there is bad environmental policy. On my watch we will get it right. I will make sure that London does become an exemplar city."

Mr Goldsmith also said house-building would not come at the expense of London's "quirky" creative spaces, referring specifically to the Parsons Green Depot in Fulham and the redevelopment of Soho.

"I think it would be a tragedy for London to lose those creative spaces and sometimes quirky areas that give London its character and dynamism, and make London what it is.

"Soho's redevelopment is a classic example. We've got to be really careful not to damage what is an extraordinarily lively and dynamic place. It wouldn't take much to destroy it."

Ahead of the vote on May 5, Mr Goldsmith said the election was "not just about promises but who can deliver".

He said: "I would encourage voters to look at my record. I don't make promises I can't deliver. My whole record as a politician is making promises and then following through on them."

VOTE LONDON MAYOR 2016

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A gala concert for the Queen's 90th birthday will be hosted by the royals' new pets Ant and Dec and will be a largely-classical affair, led by that nicely non-threatening Katherine Jenkins with tenors Alfie Boe and Andrea Bocelli.

GEOFF BAKER, PAGE 17

NEWS FROM FULHAM

■ CLEAR THINKING: Paddleboarders on the Thames ready to scoop up rubbish from the water

Cleaner Thames? Paddle do nicely

VOLUNTEERS donned wetsuits and hopped on their paddleboards to test out a clever new way to clean up the Thames.

Helpers used canoes and kayaks to scoop rubbish out of the river, as part of the 'Paddle and Pick' project – a campaign which aims to raise awareness about the pollution caused by plastics being left in London's waterways.

A team was out on the river at Crabtree Wharf in Fulham last week to do its bit for the clean-up operation.

Paddleboarder Paul Hyman, who spearheaded the campaign, said: "Sometimes the fin from my paddleboard becomes snared on a plastic bag that has ended up in the canals and we often get onto the Thames stepping over discarded plastic water bottles.

"Once it reaches the River Thames, plastic harms wildlife and often ends up in our oceans, causing damage to our natural environment for hundreds of years."

Clean-up charity Thames21 estimates that around 300 tonnes of litter are removed from the river each year.

Emma Harrington, the charity's development manager, explained: "Paddle and Pick is so important because it will reignite the connection between people and their local waterways in a novel and fun way, and inspire a sense of pride in caring for our waterways."

Three flee fire

FIRE chiefs say a working smoke alarm saved the lives of three people after a blaze broke out in Fulham.

A house fire caused severe damage to the chimney of a three-storey property in Walham Grove but no one was injured.

Investigators said two women and a man were able to escape after being alerted by a smoke alarm.

Watch manager John Waller said: "Once again smoke alarms helped save lives. Our advice is to have a working smoke alarm on every level of your home and the safest option is to have the alarms linked together."

Crews from Fulham, Chelsea, Kensington and Clapham fire stations were called to the scene at around 6.30pm on Thursday April 7.

The fire, which investigators say was started accidentally, was under control by 8pm.

Bus route plea

BUS campaigners are calling for the extension of a key route that passes through Fulham.

A group of residents are seeking support for the 22 bus route to be stretched to Barnes Village in Richmond.

The route currently runs from Piccadilly to The Spencer pub in Putney, calling at stops in Fulham and Parsons Green.

A survey launched by the residents' group suggests that extending the service could encourage shoppers to visit Fulham from further afield.

It also says the extended bus route would become an "essential public transport link" when Hammersmith Bridge is closed for repairs.

Its survey states: "It is a convenient, time-efficient, cost-saving, environmentally friendly proposal to encourage bus usage in our congested area."

Park answers

THE Friends of Bishop's Park will host a 'walkabout' event to answer questions on the plans to develop Fulham Football Club's Craven Cottage stadium.

Council officers and experts from Quadrant, the management company that oversees the maintenance of the park, are due to attend the meeting on Thursday (April 21).

It follows news that the Fielders Meadow section of the park could be closed while construction work is carried out on the stadium's Riverside stand over the next two years.

Residents have been told that the club's building contractors will need to use the space to store materials until the summer of 2018.

The group will be meeting outside the Community Rooms in Bishop's Park at 5pm.

New plan to tackle homelessness

COUNCIL bosses have approved a new action plan they hope will prevent people becoming homeless in Hammersmith and Fulham.

The strategy includes providing more affordable housing, working closely with private sector landlords and targeting services to intervene early in homelessness cases.

A report presented to councillors identified high rents, high house prices and a shortage of affordable homes as the key factors driving homelessness, alongside benefit reductions and cuts to local government budgets.

The council is expected to set up a Hammersmith and Fulham 'homelessness forum', with support from public health, adult social care and children's services, to further develop the action plan.

■ HELP: To ease homelessness

Film salute to youth club that helps give teenagers a lifeline

BY JACK DIXON
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FILMMAKERS have celebrated the work of a Fulham youth club in helping to prevent teenagers turning to crime and "postcode wars".

Members of the Sands End Youth Club were featured in a new documentary produced by online broadcaster SBTV.

The youngsters became stars of the big screen after moviemakers visited the club to capture some of their personal stories on camera.

The film was screened at the Marinefield Road club for the first time last week before collecting more than 2,000 hits on YouTube within 24 hours of going live online.

Youth work manager Jamila Jama said the club had made huge progress since it opened in 2010 and that she hoped to create a place for disadvantaged young people to "become totally self-sufficient and take ownership of the projects they believe in".

She added: "It's all about giving people something to do so they don't make poor choices, removing constraints so people from different areas interact and eliminating the fear of being associated with postcode wars because of where they live."

The club aims to provide sports and cultural opportunities for its young members, while helping them to build self-confidence and employability skills.

It offers a weekly cookery school and creative writing course, and a fully-functioning music studio is being built on-site.

The club also runs a regular football tournament and has brought two local teams together to join a competitive league. One of its star players has recently been offered a two-year training scholarship with Cheltenham FC.

Jamal Edwards MBE, founder of SBTV, surprised the club when he arrived with a camera crew recently.

He said his own experiences had inspired him to tell the stories of other young people through film.

"There are unfortunately still rivalries between people from different postcodes in London and it is very important that young people are given the chance to mix with people from different areas," he said. "I was lucky when I was growing up – my love of filming artists took me all over London and allowed me to mix with people from different areas. But many of the people I grew up with didn't venture out of their area.

"Projects like Sands End Youth Club are really exciting and I hope to see many more of them in the future."

The club also received a £1,000 funding boost from the Starbucks Youth Action initiative. Ms Jama said the money would enable the club to continue progressing its plans to help the local community.

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Attack victim supports new crime camera

BY JACK DIXON
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A MUGGING victim has said he feels safer on the streets after a new CCTV camera was used to track down three suspects in a knifepoint attack.

Keith Hunter, who was preyed upon by muggers 15 years ago, said the surveillance was "badly needed" to tighten security in Alice Gilliatt Court.

Within weeks of the camera's installation, footage was used to trace three suspects who were later arrested following a fight where a man was threatened with a knife.

Mr Hunter, 65, who has lived in Alice Gilliatt Court for most of his life, welcomed the security move.

"If there is CCTV or a bit of a police presence it frightens them, so this is great news," he said.

"It is just as well the police and CCTV team do what they do – it is well appreciated."

He added: "I do feel safer when there is CCTV like that. It was badly needed."

The camera was installed by Hammersmith and Fulham council in February after residents raised concerns about anti-social behaviour and drug dealing.

Footage was used to help police locate two knives that were discarded following a fight and three suspects were later arrested for affray and possessing an offensive weapon.

Councillor Larry Culhane, chairman of the council's scrutiny committee on community safety, said: "We listened to residents' concerns, acted upon them and installed cameras in crime hotspots, leaving criminals with no place to hide.

"Tackling crime and reducing anti-social behaviour is a key priority for us and we will stop at nothing to ensure that residents feel safe in and around their own homes."

The Chronicle revealed in March that the number of CCTV cameras in use on the streets of Hammersmith and Fulham had almost trebled in the last three years.

Between 2012 and 2015 more than £2.4 million was spent on surveillance and the number of cameras leaped from 452 to 1,150, figures from the Big Brother Watch campaign showed.

The council is also funding 44 of its own police officers in a bid to improve safety on the streets.

But members of the local Conservative Party branch called for more cameras to deter criminals on the nearby Maystar estate.

Sarah Thrift, a member of the North End ward Conservatives, said general anti-social behaviour as well as more serious crimes, such as drug dealing, could be tackled with the introduction of cameras.

"We have been listening to residents and have heard reports that they are intimidated to walk to their own front doors or stand on their balconies," she said.

"We also spoke to the neighbourhood police team and they told us the most important thing for them was to get CCTV onto the estate."

CONCERNS: Local Conservative Sarah Thrift and councillor Larry Culhane

CATCH OF THE DAY: A young Fulham fan enjoys club activities

Fulham is the family club of the year

IT was the players on the pitch who won the plaudits after three straight victories hauled Fulham FC clear of the Championship relegation zone recently – but now the club's backroom staff have been recognised for their efforts too.

Fulham was named Nickelodeon Family Club of the Year at the 2016 Football League Awards on Sunday evening. The Whites beat Middlesbrough, Doncaster Rovers, Millwall, Stevenage and Oxford United to the accolade, which was received at a gala ceremony at Manchester Central.

"We are thrilled and delighted to receive this prestigious award," Sarah Brookes, the club's communications and marketing director, said. "We have worked hard to ensure Fulham is accessible to all, with a particular focus on families who we view as a hugely important part of our fanbase."

Junior season ticket sales shot up by more than 20 per cent this year, with almost a third of fans who sit in the 'family zone' now aged 10 or under.

The zone includes a video games area for young fans to play prior to kick-off, as well as a balloon-modeller and face-painter on matchdays.

Players, coaches and backroom staff have also gone the extra mile to arrange special events for fans at Craven Cottage, while hundreds of youngsters were given the chance to meet their heroes.

A spokesman for the club said: "At Fulham Football Club we all have an obligation to ensure that generations of supporters continue to be welcomed at Craven Cottage and that they are as proud to be part of this club as we are to be custodians of it. A lifetime of memories are the true lasting legacy."

Late-life parents face crunch

"SECOND-LIFE parents" who choose to have children after getting divorced are being crippled by debt, according to new research.

One in three people over the age of 50 in Hammersmith and Fulham are thought to be "second-lifers", having had children with another partner following a previous long-term relationship.

But the cost of living in London means debts are mounting for those who choose to start a family later in life.

A poll for Saga Personal Finance found that 13 per cent of Londoners over 50 are still paying off a sizeable mortgage, while one in 10 have outstanding loans owing an average of £10,600.

Jeff Bromage, chief operating officer at Saga, said: "Having children in later life keeps people on their toes and feeling young at heart.

"However, the cost of raising a child is continually increasing and these days people need to keep a close eye on their finances and make sure that they are getting the best deals, whether that is when you are borrowing money or investing it in the stock market."

The survey suggested that it had become more common for people to have children later on in life because it enabled them to focus on their career.

Builders' dividend for community

A TOTAL of £4.5 million from developers' financial contributions has been spent on improving community services in Hammersmith and Fulham in the last year.

The money, collected by the council as conditions for planning permission, will cover the cost of a series of projects across the borough.

Schemes include work to monitor levels of air quality, replacement of street lighting and the maintenance of parks.

The 'Section 106' money has also been used to fund a town centre manager in Fulham, a dedicated schools officer.

Extra cash has been spent on the Mayor of London's bike scheme, the development of a creative arts strategy and a programme to pay for additional police officers on the streets of Hammersmith and Fulham.

Seconds come first for many families

THRIFTY mums and dads are increasingly relying on hand-me-downs to clothe their children, a new survey suggests.

Around two thirds of London parents said they would accept second-hand clothes for their kids, while more than half said they would pass on all their children's old clothes to family members.

The survey, by household product company Ace, suggested parents were also buying second-hand clothes over the internet, using sites such as eBay to find the best deals.

Ace's Kevin Day said: "It is great to see parents getting full value from their kids' clothing and a very positive message given to today's 'throwaway culture'."

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LONDON WIDE

■ COLOUR SUPPLEMENT: London street artist Will Vibes pays homage to Illinois mural artists The Walldogs via a 52ft mural for the Illinois Office of Tourism, depicting iconic attractions along Route 66, which starts in Chicago and this year celebrates its 90th anniversary

Roadside art brings Route 66 to capital

THE side of a pub in central London's Clerkenwell Road was transformed into a riot of colour last week – taking passers-by on a nostalgic road trip to the United States of America.

In celebration of the 90th anniversary of Route 66, Illinois Office of Tourism and internationally renowned street artist Will Vibes unveiled a stunning 52ft wall mural depicting kitsch Americana iconography found on the first stretch of Route 66, starting in Chicago, Illinois.

This particular section of the iconic American highway boasts the highest density of kitschy attractions on the lovingly-called Mother Road, from murals and diners to classic cars and remarkable history.

Route 66 was one of the original highways within the US highway system. It was established on November 11, 1926, with road signs erected the following year. The highway, which became one of the most famous roads in America, originally ran from Chicago, Illinois, through Missouri, Kansas, Oklahoma, Texas, New Mexico, and Arizona before ending at Santa Monica, California, covering a total of 2,448 miles.

■ ROUTE 66 SELFIE: Road runners enjoy the new mural

Arts festival calls it a day after 53 years

AN arts festival that has been running in London for 53 years has closed down due to a "sudden and significant" plunge in finances.

The City of London Festival was first held in 1962, and saw buildings in the capital's Square Mile throw open their doors each summer to theatre, music and spoken word performances, as well as other arts events.

Planning was already under way for the 2016 festival, which was due to run for three weeks in June and July. But festival organiser the City Arts Trust has now announced: "With great sadness, and after a long and vibrant history, the City of London Festival will be closing."

It went on to say the festival had two years ago sought a "new direction" in order to bring in new audiences and raise its profile.

"However, over the years the funding landscape has become ever more competitive and despite achieving support from a range of valued sponsors and supporters it has become increasingly difficult to attract the level of funding necessary to stage the annual festival," it said.

The Square Mile's local authority, the City of London Corporation, was the festival's largest single donor, providing it with an annual £350,000 grant.

Thousands more using food banks

BY JACK DIXON
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THOUSANDS of people in west London are continuing to rely on food banks to survive, latest figures reveal.

Statistics published by the Trussell Trust, which runs the UK's food bank network, showed that referrals were at record levels.

A total of 4,392 three-day emergency food packages were handed out in Hammersmith and Fulham alone in the last 12 months – up from 3,606 last year. A further 1,002 were provided in the City of Westminster and another 819 in Kensington and Chelsea.

The figures suggest that around a quarter of the emergency supplies were given to children, underlining the continuing challenge for Londoners living in crisis.

Benefit changes and delays were found to be the main reason for food bank referrals, with low incomes also identified as a driving factor.

More than 41 tonnes of food were donated to the Hammersmith and Fulham food bank, which now runs three outlets in the borough.

Alongside food packages, the service also provides essentials such as washing powder, nappies and hygiene products to struggling families.

Daphine Aikens, manager of the Hammersmith and Fulham food bank, said: "We are still seeing an increase in the number of three-day emergency food supplies provided to local people in crisis in the last year.

■ KEY ROLE: Daphine Aikens of the Hammersmith and Fulham food bank

"We are very grateful for the ongoing support of the community and hope that one day there will be no need for us in Hammersmith and Fulham.

"But until that day comes, we will continue to offer the best possible service to help local people facing a crisis."

Ms Aikens said the food bank had recently supported a woman whose benefits had been stopped for a month.

"She had an accident at work where she fell down a flight of stairs and caused damage to her back," Ms Aikens said.

"Although her doctor continues to declare her unfit to work, at her assessment with the Department of Work and Pensions she was declared fit to work.

"Since then her benefits have been stopped, leaving her unable to afford food and vulnerable to debt. That is why the food bank is so vital."

The Trussell Trust said food bank use was still at record levels, especially in the most deprived areas or where many people were unable to work due to illness or disability.

David McAuley, the charity's chief executive, said: "Today's figures on national food bank use prove that the numbers of people hitting a crisis where they cannot afford food are still far too high.

"One million three-day food supplies given out by our food banks every year is one million too many. This many people needing emergency food must not become the new normal."

Report tells next mayor to prioritise environment

BY LWN REPORTER
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A NEW report calls for London to become a National Park City and the creation of a London energy company to cut household bills and emissions.

London faces huge environmental challenges and tackling them should be one of the next mayor's top priorities, according to a new report by think tank IPPR – called London: Global Green City.

Around 10 per cent of households in London are classified as fuel poor and London has some of the most energy inefficient housing in Europe, experts say.

More than 215 hectares of green space was lost in London between 2009 and 2012, equivalent to Hyde Park and Battersea Park combined, and nearly two million Londoners live more than one kilometre from a green space. Air pollution in the capital is estimated to have shortened lives by 140,000 years in 2010, or the equivalent of more than 9,400 deaths.

The report looks at how the next mayor can integrate the environment into all policy areas to make London a 'global green city', and recommends:

■ Creating a new energy company – Energy for London – to reduce household fuel bills, tackle fuel poverty and cut emissions by boosting solar and other renewable energy and energy efficiency.

■ Designating the capital as a National Park City to promote the protection and enhancement of nature and green space.

■ Creating a Clean Air Zone by merging the current congestion charging and ultra-low emissions zones, ensuring the bus fleet meets air pollution standards by 2019 and expanding the electric vehicle charging network.

A new energy company for London

ESTABLISHING a new municipal company to supply electricity and gas could reduce household bills, tackle fuel poverty and increase investment in solar and renewable energy. It could also support community energy enterprises, help businesses and households become more energy efficient and help London meet its climate change commitments by becoming a zero carbon city by 2050.

London as a National Park City

MAKING London a National Park City would provide the overall framework to increase biodiversity and boost green space. The report recommends that the new mayor appoints a Green Infrastructure Commissioner to ensure the priority of green space in planning and housing plans.

Air pollution

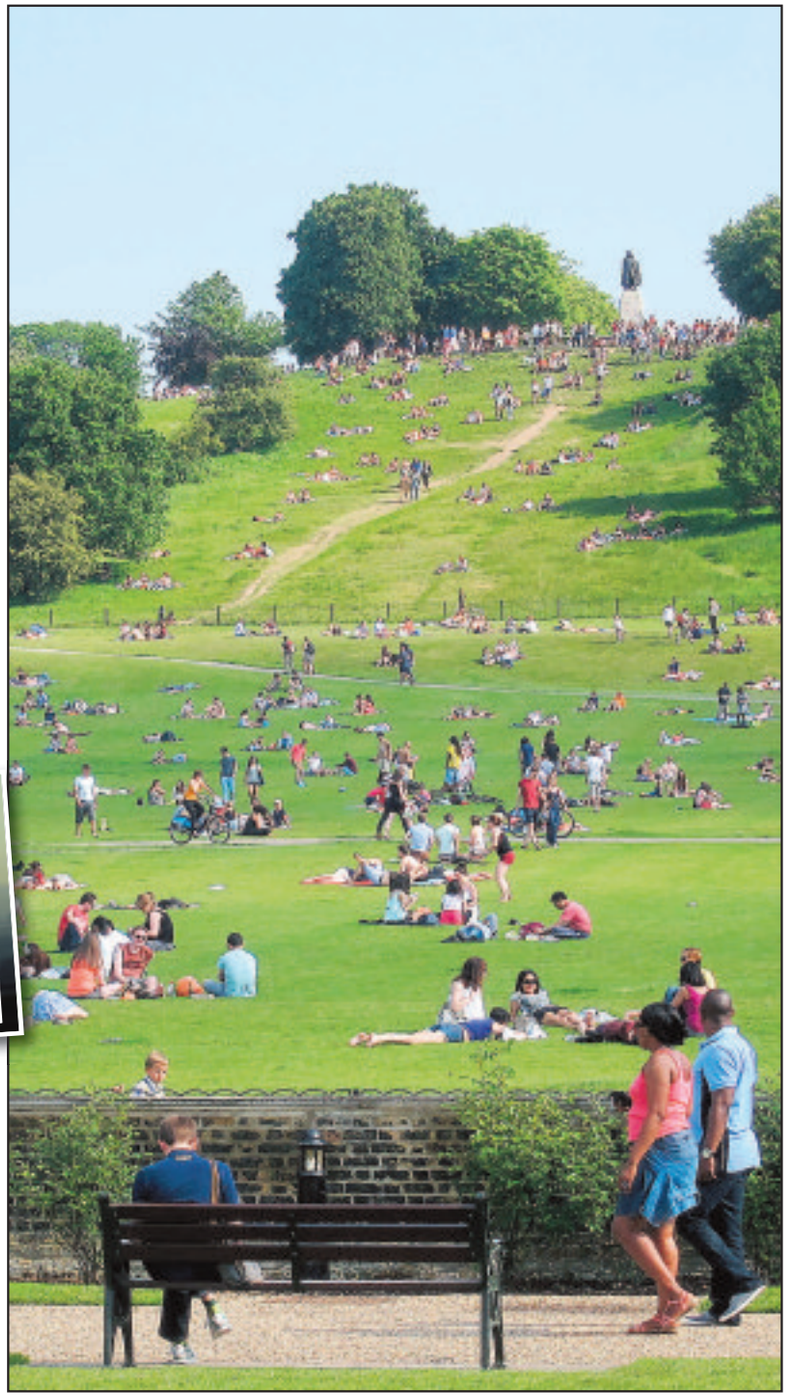
THE report notes that London's air pollution impacts disproportionately on lower income groups and children. Nearly 25 per cent of school children are exposed to levels of air pollution that break EU and World Health Organisation legal and health limits. The problem is likely to get worse because, by 2030, London's traffic is estimated to increase by 43 per cent on 2013 levels. The report says that tackling air pollution needs to be one of the mayor's top priorities.

Laurie Laybourn-Langton, an IPPR research fellow, said: "London needs to think of itself as a global green city, a place where all Londoners can enjoy green space with all the health and wellbeing benefits that flow from this. Our vision of the capital is one with a worldwide reputation as a city where the environment enhances quality of life for all.

"Our report provides a comprehensive programme to ensure the environment is integrated into all policy areas. This includes a call for the next mayor of London to establish a new London energy company, as a way of cutting fuel bills and carbon emissions, and for the capital to be designated a national park city, as part of a raft of policies to protect and enhance London's natural environment. The green agenda is not an add-on: it should be one of the mayor's top priorities."

■ IPPR is the UK's leading progressive thinktank. It is an independent registered charity with more than 40 staff members, paid interns and visiting fellows. Its main office is in London, with IPPR North, IPPR's dedicated thinktank for the North of England, operating out of offices in Newcastle and Manchester, and IPPR Scotland, IPPR's dedicated thinktank for Scotland, operating out of offices in Edinburgh.

It says its purpose is to conduct and promote research into, and the education of the public in, the economic, social and political sciences, science and technology, the voluntary sector and social enterprise, public services, and industry and commerce.



■ DIRTY OLD TOWN: A survey has shown that most Londoners still rank the cost of buying and running a car as more important than its impact on the environment

See Winston's Blitz refuge

A REDUNDANT Tube station where wartime Prime Minister Winston Churchill secretly took refuge during the Blitz is part of a number of hidden London Underground sites that are about to be opened to the public.

Down Street in Mayfair had a short life as a station from 1907 to 1932 but acted as a bomb-proof bunker for Mr Churchill during the Second World War.

It was also an important nerve centre for co-ordinating the country's railways.

Down Street is one of several sites where London Transport Museum plan to run guided tours. A labyrinth of dark and deserted passageways under Euston station is also being unveiled as part of the latest Hidden London project. Visitors will be able to view a gallery of preserved vintage advertising posters that have been concealed for over half a century.

Clapham South's deep-level war shelter will also be opened. People will be able to take the 180 steps below ground to a site used during the Blitz, by Caribbean migrants arriving in 1948 and even visitors to the Festival of Britain in 1951.

Chris Nix of London Transport Museum said: "Our visitors will have a rare opportunity to see a secret side of London and discover the amazing stories of the people who are connected to these hidden spaces."

Hidden London will also feature London Underground's former headquarters at 55 Broadway near St James' Park.

The Art Deco building – which opened in 1929 – is described as the capital's first skyscraper.

Tickets for all the tours go on sale through London Transport Museum on April 20.

Bike check-up

CYCLISTS who would like to have their bikes checked for free by Dr Bike can pop along to any of the regular monthly bike maintenance sessions organised by the Royal Borough of Kensington and Chelsea.

Dr Bike will be at the junction of Kensington High Street and Earl's Court Road on May 11 and June 8. There will be another session on King's Road, at the junction of Royal Avenue, beside the paved area by McDonalds, on Wednesday, April 20, May 18 and June 15 and at Notting Hill Gate, at the junction with Kensington Church Street, beside Waterstones, on Wednesday, May 4 and June 1.

All sessions will run from 5pm to 7pm.

Books night

CHELSEA Library is holding a family craft session to mark World Book Night on Saturday, April 23, to encourage children and parents to use libraries.

The free event, between 3.30pm and 4.45pm, is suitable for children aged four and older.

World Book Night is run by The Reading Agency, a national charity that inspires people to become confident and enthusiastic readers, to help give them an equal chance in life. During the night books are given away by members of the public who enjoy reading in a bid to help spread their love of the written word.

Writer one of London's 'angry young men'

BY LWN REPORTER
editorial@londonweeklynews.co.uk

LONDON-BORN playwrtight Sir Arnold Wesker, who died last week aged 83, was a prolific creative force whose work was performed to full houses around the world and translated into up to 20 different languages.

Jeremy Corbyn paid tribute to Wesker in the House of Commons as a great playwright and "one of those wonderful angry young men" of the 1950s. "Like so many angry young people (he) actually changed the face of our country," the Labour leader said.

Unusually, while he was still a relatively young man, having produced only six plays, Wesker was already being written off in some quarters as a has-been. But he confounded his critics in style, writing many more hugely successful plays, more than 40 in all, up until he was in his 70s.

In addition to that he wrote four books of short stories, two collections of essays, a book for young people, three more of non-fiction, a collection of poetry and an autobiography.

Wesker, who grew up in east London, was most famous for his trilogy of plays, comprising *Chicken Soup With Barley*, *Roots*, and *I'm Talking About Jerusalem*. These were written between 1958 and 1960 and were based on his working-class and impoverished Jewish background.

■ **WELL READ: Sir Arnold Wesker, above, and a performance of *Chips With Everything*, below**

More than 400,000 copies of this work were sold in book form. Among his other renowned plays were *Chips With Everything* (1962), based on his service in the Royal Air Force, and his first play *The Kitchen* (1957), based on his early days as a kitchen porter and pastry cook. The Kitchen was turned into a musical and produced as a world premiere in Japan in 2000.

Arnold Wesker was born on May 24, 1932 and educated at Upton House School in Hackney, east London. He had a string of jobs including furniture maker's apprentice, carpenter's mate, bookseller's assistant, plumber's mate, farm labourer, seed sorter, kitchen porter and pastry cook, plus national service in the RAF in 1950-52.

After that he embarked on his prolific career as a playwright, scriptwriter and author. In his early years, his name was associated, some say erroneously, with a group of playwrights regarded as Angry Young Men.

His output was by and large not in that mould and was much more varied than the work normally associated with that group. For instance, he wrote *Cinders*, based on a biography of the "madam" Cynthia Payne, and unperformable experimental work such as *Circles Of Perception*.

One of his later works was *Longitude*, which explored the trials of John Harrison, a stubborn, self-educated genius from rural 18th century Lincolnshire who devised a clock which could tell the time, and hence one's position, accurately on the roughest seas. Harrison was repeatedly denied the prizes due to him by an establishment possibly more mindful of his background than his achievement.

Wesker directed his own plays in Havana, Stockholm, Munich, Aarhus, London, Oslo, Madison and Denison universities in the US, and Rome.

He was once described as "the unique outsider in the British theatre", but the arts establishment had differing views on his abilities, even though he could pack theatres the world over.

In 1965, Glenda Jackson, the actress and subsequently an MP, left a theatre where his sixth play, *The Four Seasons*, was showing, and was overheard to say: "Well, that's the end of Wesker, isn't it?"

She apparently passed this remark – which turned out to be hopelessly ill-judged – because that play was a love story and totally unlike his earlier, more naturalistic plays.

But Wesker accepted the criticisms in good part. Once he wrote: "'Amazing', people say to me, 'that you keep writing'. It's not amazing that I keep writing, that I keep going on and on and on and on, but that there's so much in life that keeps asking to be written."

At the time of his 70th birthday, Wesker wrote: "And though, like most writers, I fear dying before I write that one masterpiece for which I'll be remembered, yet I look at the long row of published work that I keep before me on my desk and I think, not bad, Wesker, not bad."

His debut novel, *Honey*, was released in 2005 and he received a knighthood the following year. Wesker's final work, *The Rocking Horse*, was a radio play commissioned for the 75th anniversary of the BBC World Service in 2007.

Michael Billington, writing for *The Guardian*, said of the playwright: "Wesker was a realist who never lost his sense of human aspiration. It is precisely that which makes Roots, first seen in 1959, his most frequently revived play."

Man will go on trial accused of murder

A MAN will stand trial for allegedly strangling and dismembering Metropolitan police officer Gordon Semple.

Stefano Brizzi, 49, is accused of murdering the 59-year-old officer at his flat on a day between April 1 and April 7. Italian-born Mr Brizzi appeared at the Old Bailey last Wednesday wearing dark sunglasses and a grey tracksuit.

Recorder of London, Nicholas Hilliard QC, set a provisional trial date of Tuesday, October 18.

The prosecution alleges that Mr Brizzi dismembered Mr Semple's body and disposed of it in communal waste bins on the Peabody Estate in Southwark Street, south London.

Mr Brizzi was remanded in custody ahead of a further hearing on April 20.

PC Semple was originally from Inverness in Scotland and had been with the Metropolitan Police for 30 years, working most recently in Westminster.

He went missing on April 1 and his remains were discovered a week later.

Tributes from family, friends and work colleagues have been paid to PC Semple and a crowdfunding website was set up to raise money to support his family.

Letter: station opposition overwhelming

I APPRECIATE your paper's good work in keeping the proposed King's Road Crossrail2 station in the public eye.

However, reading your last issue, I think you are being seriously misled in no doubt wishing – a praiseworthy aim – to appear even-handed.

Where and when have the station's supporters in Chelsea ever published or made a credible claim to have significant numbers with them? There is absolutely no way that, as your front page implies, local supporters could account for anything like the same number as the many thousands of those opposed. The recent Transport for London consultation showed clearly that, of the 15,000-odd responses on the King's Road station proposal, 86 per cent were against it. The overwhelming opposition is as clear as ever.

I'm afraid the most misleading element of your article is the emphasis it places on support for the step-free access element of the proposed station coming from people with disabilities or walking difficulties. For the pro campaign to cite estimated numbers of such residents throughout the entire borough, not just on or near King's Road, as in some way representing a "split," let alone an even split, with the proven local opposition to the proposed station, is frankly grotesque.

Of course people with needs of this nature want, and deserve, proper access to any station. But the picture you paint also gives the totally wrong impression that the No Crossrail in Chelsea campaign's supporters are unsympathetic to these needs. The plain truth is pretty much the direct opposite: "No" campaigners and supporters, including the local entities who know and care most about Chelsea – the Chelsea Society and KRACR for example – are active, consistent and often long-standing campaigners for step-free access at the tube stations at both Sloane Square and South Kensington. Indeed, significant numbers of the No campaign's supporters are wheelchair users, young mothers with push-chairs, or elderly people with walking difficulties.

Proper step-free access to existing tube stations could and should be given active and effective support from our council, not just lip service.

It should be provided now, not in ten or 15 years' time, at infinitely greater cost, at a new mass transit station which as the National Infrastructure Commission has very recently pointed out has no proper transport case and is a waste of public money.

It is, to put it mildly, utterly unworthy of the senior councillor quoted in your article to support such regrettable distortions of the truth as the one I have just mentioned. Equally unworthy is any promotion of the totally misplaced idea that only "celebrities" (who are by the way as entitled to a view, and indeed a vote, as anybody else) and those with "loud voices" are opposed to the station proposal.

The council's voice on this matter is arguably the loudest of the lot, and a far from balanced or even pleasant one in my view.

This opinion is shared by many in the borough, rich and poor, young and old, well-known people and ordinary folk alike.

Mr G Robertson
Chelsea

■INSIDE STORY: 18 Stafford Terrace

Victorian invitation

VISITORS can step back into a London long gone and soak up the heady atmosphere of Victorian life in the capital thanks to an innovative and illuminating initiative.

Special Twilight Tours of 18, Stafford Terrace, which is now owned by the Royal Borough of Kensington and Chelsea, are offered every third Thursday of the month. Visitors can enjoy this unique house after hours through a dramatised tour hosted by Mrs Sambourne and her parlour maid, Mrs Reffle.

The Sambourne family lived in 18, Stafford Terrace, on the edge of Holland Park, for 36 years and decorated their home in the fashionable "Aesthetic" style. The house interiors have remained practically intact throughout the years and can now be seen in all their splendour.

From 1875, 18 Stafford Terrace was the home of *Punch* cartoonist Edward Linley Sambourne, his wife Marion, their two children and their live-in servants. He was born in Clerkenwell, the only child of Edward Mott Sambourne and his wife Frances Linley.

The house gives an insight into the personal lives of the Sambourne family and also provides a rare example of what was known as an "Aesthetic interior" or "House Beautiful" style.

The Aesthetic Movement of the late 19th century advocated the use of foreign or "exotic" influences in the decoration of the home. This can be seen by the various Japanese, Middle-Eastern and Chinese objects throughout the Sambournes' home.

After the deaths of Linley and Marion Sambourne, the house was preserved by their descendants. In 1980 it was opened to the public by the Victorian Society.

This organisation had been inaugurated at 18 Stafford Terrace in 1958 by the Sambournes' granddaughter, Anne, 6th Countess of Rosse. In 1989, its ownership passed to the Royal Borough of Kensington and Chelsea.

■ VICTORIAN TOUR: Visitors are greeted at the Stafford Terrace home of the Sambourne family

Where To Find Your Local Favourite Free Newspaper

Westminster & Pimlico NEWS — pick up points

Sainsbury's Store	Melbourne Avenue	West Ealing	W13 9BZ
Tesco Metro	94 Church Street	Paddington	NW8 8EX
Tesco Classic Metro	17-25 Regent Street	London	SW1Y 4LR
Sainsbury's Store	38 Stratton Street	Mayfair	W1J 8LT
Sainsbury's Store	15-17 Tottenham Court Road	Central London	W1T 1BJ
Co-op	504-506 Harrow Road	Paddington	W9 3QA
Tesco Classic Metro	22-25 Bedford Street	London	WC2E 9EQ
Co-op	Golden Cross House	London	WC2R 0RG
Notting Hill Gate Library	1 Pembridge Square	Notting Hill	W2 4EW
Kensal Library	20 Golborne Road		W10 5PF
Coach & Horses Pub	23 Greek Street	Soho	W1D 5DH
Pimlico Library	Lupus Street	Pimlico	SW1V 3EY

Kensington & Chelsea NEWS — pick up points

Kensington Central Library	Phillimore Walk	Kensington	W8 7RX
North Kensington Library	108 Ladbroke Grove	Kensington	W11 1PZ
Brompton Library	210 Old Brompton Road	London	SW5 0BS
The Tabernacle, Notting Hill	35 Powis Square	Notting Hill	W11 2AY
Chelsea Library	Chelsea Old Town Hall	Chelsea	SW3 5EZ
Chelsea Sports Centre	Chelsea Manor Street	Chelsea	SW3 5PL
Avonmore Lib. & Neighbourhood Ctr	North End Crescent		W14 8TG

Fulham Chronicle — pick up points

Fulham Library	598 Fulham Road		SW6 5NX

Hammersmith CHRONICLE — pick up points

The Grove Neighbourhood Centre	7 Bradmore Park Road	Hammersmith	W6 0DT
Hammersmith Library	Shepherd's Bush Road		W6 7AT

Shepherd's Bush CHRONICLE — pick up points

Westfield Library	6 Wood Lane	W12 7BF
Askew Road Library	87-91 Askew Road	W12 9AS

Tube station revamp meets rising demand

BY LWN REPORTER
editorial@londonweeklynews.co.uk

MAJOR improvement work is now under way at Paddington Tube station.

It means that Bakerloo line trains will not stop at the station until mid-August. During this time, Transport for London engineers will carry out a major renewal of both the heavily-used escalators serving the Bakerloo line.

TfL says that "by replacing virtually every component, the escalators can be used for a further 20 years and will be more reliable in the coming years as the Tube carries ever more customers".

Engineers will also continue to dig a new 165-metre tunnel underneath the station so customers can go between the Bakerloo line and the new Elizabeth line platforms, which will become operational from December 2018. The new pedestrian link will incorporate escalators, lifts, stairs and new passageways in order to make interchanging between the Tube and the Elizabeth line as easy as possible for customers.

Currently around 165,000 customers use Paddington Tube station daily – with 82,000 people using the Bakerloo line. When the Elizabeth line starts running from December 2018, the number of customers using TfL services at Paddington is expected to increase to 248,000.

TfL will re-open the platforms in time for the Notting Hill Carnival on Sunday, August 28 and Monday 29.

David Waboso CBE, London Underground's capital programmes director, said: "We try to carry out as much of our improvement work as possible when the Tube is closed, but in this case we need a closure period due to the nature and scale of the work. In order to keep disruption for customers to a minimum, we are combining Bakerloo line escalator and Crossrail construction work so that services are non-stopping for the shortest time possible. We thank customers for their patience while we carry out the vital modernisation of this station."

While Bakerloo line trains are not stopping at Paddington Tube station, customers can still get on the Circle and District lines via the ticket halls from the Network Rail concourse and on Praed Street. Access to the separate Circle and Hammersmith & City line ticket hall is unaffected.

For central London, customers are advised to take:

■ The Circle or Hammersmith & City lines to Baker Street for alternative Tube routes

■ The District or Circle line to Notting Hill Gate and change for the Central line

■ The District line to Earl's Court and change for alternative Tube routes

■ The Circle line via Bayswater

Armed police swoop seizes assault rifles

BY GEOFF BAKER
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ARMED police have seized three AK-47 assault rifles of the type used in the terror attacks in Paris in a crackdown on gun criminals across London.

The operation – codenamed Kestrel 2 – was launched last week by the Met's Trident and Area Crime Command, drawing together a range of specialist policing units to tackle criminals who carry or hide guns.

In the first three days of the operation officers made 30 arrests and seized 14 firearms, including eight handguns and three AK-47s.

Police across the capital carried out weapons sweeps, intelligence-led operations, search warrants and directed patrols by Armed Response Vehicles and Trident officers.

The operation used intelligence and automatic number plate recognition technology to direct armed stops on cars believed to be associated with firearms. Over 70 swoops were made by last Friday.

"The Met co-ordinated resources from a number of units, including SCO19 armed officers, the Territorial Support Group, Organised Crime Command, traffic officers, search dogs and local police with knowledge of local criminals who have a propensity to carry firearms," said a spokesman.

"In order to combat the supply of firearms into the UK, Trident is also targeting armourers who use the internet and parcel services to smuggle firearms into the country. Trident is working with a range of national agencies to ensure a co-ordinated approach to tackling the issue, including: the National Crime Agency to identify opportunities to disrupt firearms supply and offenders; Border Force, targeting key postal hubs and routes via which firearms arrive in the capital and Europol to facilitate international operations."

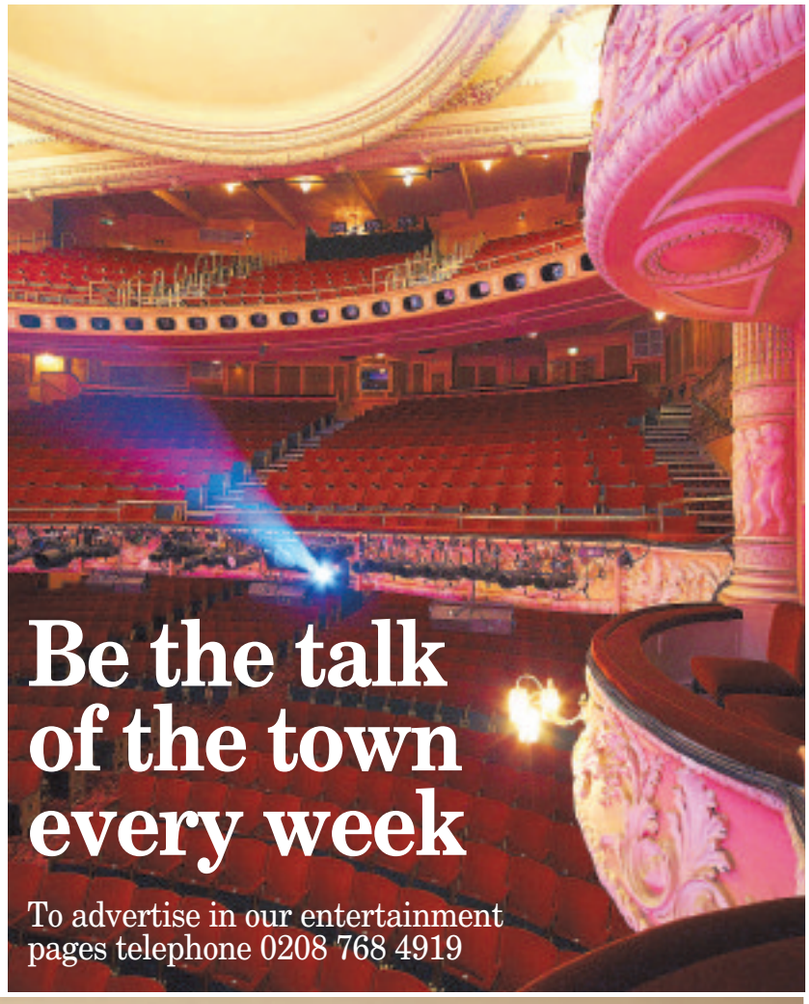
Detective Superintendent Damian Allain, from the Trident and Area Crime Command, said: "Gun crime in London is low in comparison with other world cities, but we are determined to bring it down yet further. Obtaining a gun is relatively difficult to do, but we are not complacent.

"Trident is continuing to have success targeting and prosecuting those who convert or manufacture guns. Possessing a firearm in the UK carries a mandatory five-year prison sentence and criminals know this, which means they often coerce others to store the guns for them and we will always go after these individuals too.

"Individuals prepared to carry guns are a menace to our communities. Guns cause fear, injury and death and we are committed to disrupting their supply and deterring anyone from getting involved in gun crime.

"Operation Kestrel 2 seeks to disrupt gun crime in London. It's not just about catching people in possession of firearms – it's about letting them know that police are out on the streets, targeting gun crime activity and disrupting their ability to move guns about London.

"Using both covert and very overt tactics we will make it as hard as possible for criminals to carry or hide guns or supply them to others, and we are calling on Londoners to tell police what they know about people in their community who carry guns. We will do something about it. You can remain anonymous by calling Crimestoppers on 0800 555 111."



This tariff is available to new and existing customers who have standard meters and pay by Direct Debit or when they get paper bills. Unfortunately, it's not available to customers with non-standard or pre-payment meters.

Feel Good Fix June 2018 Prices won't go up before 30 June 2018, subject to governmental or regulatory requirements. If the price of energy on our Standard Variable Rate falls before then, we'll also reduce your energy price, in proportion to the decrease in your area. Annual charges may be higher than our standard charges. Offer subject to availability and may be withdrawn, suspended or amended at any time. Correct as at 18 April 2016.

Palmerston's new paw law for Foreign Office mice

BY LWN REPORTER
editorial@londonweeklynews.co.uk

FIVE years after Larry the cat made himself at home at 10 Downing Street, another Battersea resident has been welcomed into the heart of British politics.

Named after former Prime Minister and Foreign Secretary, Henry John Temple, Third Viscount Palmerston, this black and white moggy is fittingly being rehomed to the Foreign & Commonwealth Office to stalk the corridors in search of mice.

In a true rags-to-riches story, Palmerston will take his new position in the Foreign Office, having arrived at Battersea Dogs & Cats Home in March as a neglected stray. The two-year-old domestic short hair was found wandering the streets of London, and like many of the 1,025 stray cats brought into the world-famous rescue centre last year, he was found hungry, underweight and with no microchip, meaning his previous owners could not be traced.

Palmerston can now look forward to greeting international visitors and diplomats, befriending fellow political puss Larry, and most importantly, setting his sights on the rodent population of the Foreign and Commonwealth Office, based next door to Downing Street. His political namesake Lord Palmerston served in Government for 46 years and became enormously popular thanks to his assertive foreign policy, and Battersea believes the new Palmerston will be just as confident in his approach.

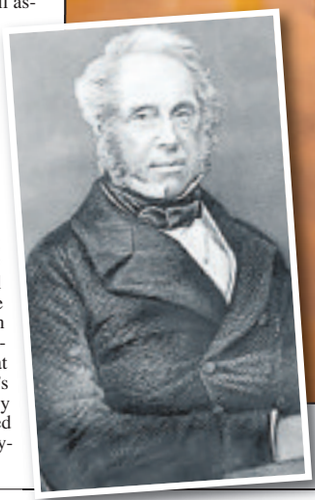
Battersea's head of catteries, Lindsey Quinlan said: "Palmerston will have no problems making friends and foes in the Foreign Office. He's a very confident cat, loves being with people and enjoys a good chin rub. But nothing escapes the attention of this Battersea moggy and we know he'll have an eagle eye out for unwanted visitors, whiskers twitching and ready to pounce at the right moment, to keep his new home free of rodent interlopers. If his behaviour at Battersea is anything to go by, we predict Palmerston will be a formidable feline, very deserving of his new name."

Palmerston will follow in the footsteps of Freya, once owned by Chancellor George Osborne who was a regular visitor to the Foreign Office. When he's not patrolling the corridors of power he will be residing in the office of Sir Simon McDonald, Permanent Under-Secretary.

He'll have access to most offices and official rooms and will be looked after by members of staff.

Sir Simon said: "I am delighted to welcome Palmerston to the Foreign and Commonwealth Office. In his role as FCO Chief Mouser, he will assist our pest controllers in keeping down the number of mice in our King Charles Street building. I hope that Palmerston's impact will be as considerable as his namesake's."

Last year Battersea rehomed 3,107 cats all across the UK, with around nine cats leaving for new homes every day of the year. The animal charity now rehomes more cats than dogs, and runs an annual Purr Minister competition to crown the top cat in Westminster. This year's Purr Minister was won by Pixie and Smudge, owned by Steve Reed MP for Croydon North.



■ **LOOKING FOR TROUBLE: Palmerston, the new Chief Mouser at the Foreign and Commonwealth Office, settles in after moving from Battersea Cats & Dogs Home**

Will passengers stand for 'no walking on escalators' rule?

TRANSPORT bosses have begun a further six-month trial at Holborn Tube Station in which passengers will be asked to stand on both sides of the escalators to reduce overcrowding.

This follows an initial trial, which featured in the Channel 5 TV series *The Tube: Going Underground,* and which attempted to allow the station to cope more efficiently with the serious issue of congestion on the network.

Peter McNaught, Operations Director at London Underground, said: "It may not seem right that you can go quicker by standing still, but our experiments at Holborn have proved that it can be true.

"This new pilot will help us find out if we can influence customers to stand on both sides in the long term, using just signage and information. Anyone who wants to walk on the other escalators will be free to do so, but we hope that with record numbers using the Tube, customers will enjoy being part of this experiment to find the most efficient ways of getting around."

However, the research reveals that nearly two thirds of Tube travellers are opposed to the idea of standing on the left hand side on the Underground's escalators.

The study found that over half of Tube users (54 per cent) literally won't stand for this new rule if it's introduced widely across the Underground, claiming they will continue to walk up escalators when travelling.

"If it were to be rolled out across the network, the impact of the new rule would affect the majority of Tube travellers, as only nine per cent of those surveyed claim they never walk up escalators; for 29 per cent it's the only exercise they get during a working day.

The study also explored the circumstances under which London Underground passengers would support a ban on walking; of those polled, 43 per cent claim they would support the new rule during rush hour, whilst just over a third (36 per cent) would support the ban at certain busy stations.

However, 46 per cent of respondents feel a walking ban could lead to "Tube rage" and 14 per cent went as far as to say they would consider an alternative route to work if implemented.

'Capital sees solar future'

MOST residents believe London should become a pioneering solar city, according to the results of new research conducted by Greenpeace UK.

The independent poll highlighted that nearly a quarter of voters remain undecided in the mayoral electoral race. 70 per cent of undecided voters think it is important the next mayor takes action to ensure the capital plays a bigger role in terms of solar development.

The findings come less than a month before voting day, in which all the leading candidates have stated in principle that they would increase solar capacity. Less than one per cent of London's 3.4 million households currently have solar and the city trails behind in uptake both at a national and international level.

Diana Vogtel, energy campaigner at Greenpeace UK, said: "It is clear that delivering a cleaner, greener city matters to Londoners, and they will be thinking about these issues when it comes to voting on May 5. Greenpeace and its partners have been calling on all candidates to set out clear plans to solarise London and we see a key role for the next mayor in defying the government's cuts on solar power, to ensure the industry thrives in the capital. A world leader in many other fields, London is a world laggard when it comes to solar power. The next mayor has the chance to change that."

At a London mayoral hustings last month, all the leading candidates laid out their green manifestos and confirmed they intend to increase London's solar capacity by tenfold over the next 10 years – rolling out solar across an equivalent of close to 200,000 London rooftops by 2025.

Pub eyes prize pies

A WEST London pub is offering foodies the chance to design a brand new pie dish that will be featured on a specials menu later this year.

The Osp on Fulham Palace Road, which is owned by Greene King, is calling for aspiring pie-connoisseurs to submit their culinary creations online at *www.facebook.com/OldSuffolkPunch* including details of their perfect pastry, meat, vegetable and sauce combination.

The overall winner will bag themselves a £500 cash prize and the title of Greene King's first official Great British "Pastriot". Two runners up will each receive a £100 cash prize.

Vicky Calver, general manager at the Osp, said: "We decided to mark the launch of our Best of British festival by launching a competition to find a new twist on one of Britain's best dishes, the humble pie.

"We are hoping to find pies that are both creative and delicious in equal measure; whether it's an old favourite, a personal speciality or a classic pie with a modern twist. We can't wait to see what the Hammersmith community come up with."

Participants can enter their pie designs on the Osp Facebook page from April 11 to 22. The Best of British festival runs until the end of April.

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00463

Cheers! Andrew targets national honour

BY LWN REPORTER
editorial@londonweeklynews.co.uk

ANDREW Fishwick, leaseholder of The Truscott Arms in Maida Vale, has been named as one of the six finalists in this year's Licensee of the Year Awards, held by The British Institute of Innkeeping, the leading professional body for the UK's licensees.

The Truscott Arms is an independently owned pub and restaurant in the heart of Maida Vale, housed in a newly refurbished five-storey Victorian building, which provides a high quality drinking and dining experience in a relaxed and welcoming environment.

Mr Fishwick has been running the site with his wife Mary Jane for three years, and believes it is their commitment to providing an exceptional and interesting experience for customers that marks them out from the competition.

Mr Fishwick said: "We are always looking for new ways to engage our customers, and whatever we do, we ask ourselves if this is something we would enjoy – this ensures our customer is at the heart of every decision we make. Internally, we have an ethos that everything should be handpicked, joyful and quality, and measure every drink, dish and event against this.

"We also pride ourselves on being at the heart of our local community, as this is where we believe a pub belongs. We regularly hold events for those in the area, including baby yoga on a Monday, and children's drama sessions on a Tuesday, and host meetings for our nearby CAMRA division and PTA committee."

This is the latest accolade for The Truscott Arms, which was named as Sustainable Pub of the Year 2015 by the Sustainable Restaurant Association, and the nationwide Best British Roast Dinner 2014, an honour which has had a huge business impact.

The Truscott Arms is the first pub Mr Fishwick has run, after previously working as a theatre producer for 15 years, and helping to build Park Theatre in Finsbury Park.

This creative experience is clearly influencing the pub's offering, with the seasonal Eating Sound dinner a highlight of the calendar. For this special event, The Truscott Arms' chef works closely with a composer to create a five-course tasting menu with a matching score, which is then performed live by a chamber orchestra during the meal.

■ HIGHLY REGARDED: The Truscott Arms in Maida Vale

■ YOUR HOST: Andrew Fishwick at The Truscott Arms

After their initial written submission, the finalists have already been through audits on food hygiene ratings, independent social media audits and mystery customer visits – and also welcomed the judging panel to their premises for a full site visit and in-depth interviews.

The six finalists now face a panel judging day in May where they will be quizzed by industry experts in four areas; marketing, industry affairs, finance and people and training. All finalists will be presented with trophies at the BII Summer Event on June 7, when the overall winner of Licensee of the Year 2016, sponsored by BT Sport, will be announced.

Mr Fishwick said: "To win the BII Licensee of the Year Award would be mind-blowing. It's the single biggest accolade in the pub industry, judged by those who know the sector inside and out. This is our first time entering the awards but we are confident that our offering stands out from the crowd; we aim to excite with everything we do and the feedback we've had from customers has been exceptional."

John Sharratt, chair of the judging panel, added: "Over the 13 years of my involvement with this award it continues to be a privilege to have the opportunity to meet and talk with professional, passionate, successful and inspirational licensees.

"This year has been particularly challenging to judge, not just because of the large number of entries originally received but also the quality witnessed during our visits by those successfully competing to operate in an ever demanding business environment."

■ BII is a registered charity and one of the leading professional bodies for the licensed retail sector, with over 8,000 members.

On yer bike to help beat heart disease

LONDON has been revealed as a city of cycling lovers after the British Heart Foundation found that over a third of those in the capital would choose to jump on their bikes as their preferred form of exercise.

These findings have been released by the nation's heart charity as it calls for Londoners to get pedalling and sign up to its iconic London to Brighton Bike Ride. Places are still available for the 2016 event, supported by Tesco and Jaffa, which returns on Sunday, June 19.

Starting from Clapham Common, cyclists will travel 54 miles from city to sea, through the beautiful countryside before finishing on Brighton's seafront. For every mile pedalled and pound raised, cyclists will be helping the BHF fight back against heart and circulatory disease, which is responsible for more than a quarter (27 per cent) of all deaths in the UK.

An estimated 630,000 people in London are living with heart and circulatory disease, which is responsible for over 13,500 deaths each year. Readers can help the BHF fight back against these conditions by signing up to the London to Brighton Bike Ride and raising vital funds for its life saving research.

Over the past 50 years BHF research has helped halve death rates from heart and circulatory disease, transforming treatments for heart attacks and pioneering the surgical techniques that ensure most babies now survive congenital heart disease.

However, the charity says there is still a long way to go. Last year, the fundraisers who took on the 54-mile cycle challenge helped to raise over £3 million for the BHF's vital research. This year the charity wants to raise even more.

By signing up to the BHF's London to Brighton Bike Ride and taking part in this iconic event, the money raised will fund the BHF's research to improve the lives of those affected by heart disease every day.

Nancy Smyth, Head of Events at the British Heart Foundation, said: "The London to Brighton Bike Ride is a fantastic day out. Whether you are a regular cyclist or looking for a new challenge it is the perfect excuse to get out on your bike.

"For over 40 years the event has seen over 800,000 cyclists from all over the UK get pedaling in the fight against heart disease, helping to raise over £65m for the our life saving research."

ROYAL LONDON

■ QUEEN OF HEARTS: In her 90th year, Elizabeth has secured the nation's admiration

A leading lady for our times

AS ever, it was the favourite of all of her prime ministers who said it the best.

"All the film people in the world, if they had scoured the globe, could not have found anyone so suited to the part," said Churchill in those days long ago when a beautiful woman of just 25 years old, a young wife clearly in love with her dashing navy husband and a doting mother of two, had given up all chance of having any hope of a normal life in order to dedicate her years instead to her selfless duty to be The Queen, *writes Geoff Baker*

Churchill's Hollywood analogy had much prescience to it, for as Queen she has starred in the role. Never co-starring, never out-played, she has been – and remains – the leading lady of our times. And if ever there was an Oscar for the best performance by the mother of nations, Her Majesty would have won it every year.

As the monarch her example has been peerless and faultless, a long run of serene goodness that has inspired the better in us all.

As a woman, she exudes that goodness in her very being. I have met Her Majesty on five occasions and at each event it struck you that when she appears it is like a wave of balm sweeping over everything before her.

It's That Smile. To meet her is to be left feeling showered in a warm glow, not just because one is in the presence of a queen, but moreover because you are in the presence of a person who seems to be so essentially good.

Perhaps it is men that pick up on this radiance. I've observed that women first tend to notice the hat or the hue of whatever bright primary colour she is wearing that day, but blokes are first drawn by her aura; she has an extraordinary magnetism, like the charisma of the very biggest of movie icons, but much, much more so.

Churchill certainly picked up on that. "Lovely and inspiring", he called her.

He also described her "as a lady whom we respect because she is our queen, and whom we love because she is herself".

And it is that self, that huge goodness that is contained in the littleness of her, which has drawn other great men of the best Elizabethan age to share Churchill's unwavering admiration and affection.

"I am privileged and proud that we have the world number one leader," said David Beckham, "meeting The Queen, it doesn't get any better than that."

Paul McCartney has been a great admirer since her coronation.

"To kids of our generation, she was a very attractive young woman, taking on this huge responsibility. She seemed very human. We all felt really proud of her," he said. "She's fabulous. I've got a lot of time for her."

Macca nailed it – "she seemed very human" – and now at 90 never more so. Whether it is as Her Majesty or as "Queenie", as my children's generation affectionately call her, as Churchill said, she is loved.

And she is loved because, like many other great-grandmothers of her special generation, she has the spirit of selflessness that is largely unknown in the ways of today. From the moment of the evening of her coronation, when she said, "throughout all my life and with all my heart, I shall strive to be worthy of your trust", The Queen has strived and now it seems that almost everyone is saying thank you.

This week is seeing that gratitude in abundance everywhere; from the more than 1,000 bonfires that will be lit across the nation on her birthday evening to the deluge of media coverage, the many books of tribute and the flood of 90th anniversary souvenirs, to President Obama flying in to personally represent his nation's admiration, the majesty of this remarkable woman is deservedly earning a salute from every corner of the world.

Which brings us to the subject of birthday presents. What can one find that completely expresses the warmth of feelings that has grown over 90 years? What reward best suits she who has become the best of the best nation on this Earth?

In short, what would Her Majesty really like for her big birthday? Most probably, the answer to that she revealed herself some 40 years ago in her Christmas message at the end of a year that had seen Britain scorched by its most blistering summer and ahead of another big occasion, her Silver Jubilee of 1977.

"Next year is a rather special one for me and I would like my Silver Jubilee year also to become a special one for people who find themselves the victims of human conflict," she said.

"The gift I would most value next year is that reconciliation should be found wherever it is needed. A reconciliation which would bring peace and security to families and neighbours at present suffering and torn apart.

"Remember that good spreads outwards and every little does help. Mighty things from small beginnings grow, as indeed they grew from the small child of Bethlehem.

"I believe there is another thought from which we can draw encouragement. If there is reconciliation – if we can get the climate right – the good effects will flow much more quickly than most people would believe possible.

"Those who know the desert know also how quickly it can flower when the rains come. But who in Britain who saw the parched earth and empty reservoirs last summer would have believed that the grass would grow so strong, so green and so soon when the drought ended? When the conflict stops, peace can blossom just as quickly."

It is a theme that The Queen has repeated often throughout her 90 years; reconciliation, the building of brotherhood, the coming together of all nations, faiths and beliefs in working for peace, and in that she has been the Queen of Peace, building her Commonwealth from the just eight member states when she came to the throne to the 53 of today.

She made the same call for peace in her Christmas messages of 1953, 1957 and 1968. On the latter occasion, she put it, this wish that has so much marked the heart of her, particularly well, with words which 50 years on have a resonance for the divided faiths of her nation today: "The essential message of Christmas is still that we all belong to the great brotherhood of man.

"This idea is not limited to the Christian faith. Philosophers and prophets have concluded that peace is better than war, love is better than hate and that mankind can only find progress in friendship and co-operation. Many ideas are being questioned today, but these great truths will continue to shine out as the light of hope in the darkness of intolerance and inhumanity.

"The words 'the brotherhood of man' have a splendid ring about them, but the idea may seem too remote to have any practical meaning in this hard and bustling age. Indeed, it means nothing at all unless the brotherhood, starting with individuals, can reconcile rival communities, conflicting religions, differing races and the divided and prejudiced nations of the world. If we truly believe that the brotherhood of man has a value for the world's future, then we should seek to support those international organisations which foster understanding between people and between nations.

"The British people together have achieved great things in the past and have overcome many dangers, but we cannot make further progress if we resurrect ancient squabbles. The nations belonging to the Commonwealth have in their hands a well-tried framework for mutual help and co-operation. It would be short-sighted to waste this modest step towards brotherhood because we are too busy with the dissensions of the moment.

"Every individual and every nation have problems, so there is all the more reason for us to do our utmost to show our concern for others. Rich or poor, we all depend upon the work and skill of individual men and women, particularly those in industry and production who are the creators of wealth and prosperity. We depend on new knowledge, invention and innovation, practical improvements and developments, all of which offer us a better life. Yet we should not be obsessed by material problems. We must also be sure that we remain spiritually alive. Everything we do now is helping to shape the world in which our children are going to live.

"Our young people need all the help and opportunities we can give them to prepare them for the responsibilities which they will soon have to carry.

"I have spoken of 'the brotherhood of man' and the hope it holds out for the world. This should not remain a vague thought nor an abstract idea. Each of us can put it into practice by treating one another with kindness and consideration at all times and in spite of every kind of provocation."

Fine words, a good teaching that perhaps never more needed to be heeded than now. For although the overwhelming majority of her city and her land will wish The Queen the best of birthday blessings this week, from the benign politics of republicanism to the dark and increasing threat of another belief, there are those among us who do not wish well for a woman who has only ever shown such good.

But for them, and us all, remains the core message that The Queen first sent in 1957, in her first televised broadcast, and which her example and words have repeated ever since: "Today we need a special kind of courage, not the kind needed in battle but a kind which makes us stand up for everything that we know is right, everything that is true and honest. We need the kind of courage that can withstand the subtle corruption of the cynics so that we can show the world that we are not afraid of the future.

"It has always been easy to hate and destroy. To build and to cherish is much more difficult."

Happy birthday, Your Majesty. As Mr Beckham said, you make us privileged and proud. Long may we learn from you, still the best suited to the part.

Where to see a royal

FULL details of events in the diaries of the the Royal Family are available from the official website *www.royal.gov.uk* but here's their schedule for the week ahead

April 19

■ ***The Duke of Edinburgh***, as Colonel-in-Chief, The Queen's Royal Hussars (The Queen's Own and Royal Irish), will attend a Lunch at the Cavalry and Guards Club, 127 Piccadilly.

■ ***The Princess Royal***, as Patron, Opportunity International United Kingdom, will hold a Dinner at St James's Palace.

■ ***The Princess Royal***, as President, Animal Health Trust, will attend a Reception at The Caledonian Club, Halkin Road SW1.

April 20

■ ***The Princess Royal***, as Colonel, The Blues and Royals (Royal Horse Guards and 1st Dragoons), will attend the Household Cavalry Freedom of the City of London Parade, The Guildhall.

■ ***The Princess Royal***, as Chancellor, University of London, will attend the City University London Chancellor's Dinner, The Mansion House, Mansion House Street EC4.

■ ***The Princess Royal***, as Patron, Foundation for FutureLondon, will attend a community event at the Queen Elizabeth Olympic Park E20.

■ ***The Queen and the Duke of Edinburgh*** will visit the Royal Mail Windsor Delivery Office to commemorate the 500th anniversary of Royal Mail, William Street, Windsor.

■ ***The Queen accompanied by The Duke of Edinburgh***, will open the new bandstand in Alexandra Gardens, Windsor, Berkshire.

■ ***The Princess Royal***, as Patron, Foundation for FutureLondon, will attend a community event at the Queen Elizabeth Olympic Park E20.

■ ***The Princess Royal***, as Chancellor, University of London, will attend the City University London Chancellor's Dinner, The Mansion House EC4.

■ ***The Princess Royal***, as Colonel, The Blues and Royals (Royal Horse Guards and 1st Dragoons), will attend the Household Cavalry Freedom of the City of London Parade, The Guildhall EC2.

April 23

■ ***The Duke of Edinburgh***, as Patron, Shakespeare's Globe, will attend a Service to commemorate William Shakespeare's birth, at Southwark Cathedral.

April 25

■ ***The Countess of Wessex***, as Patron, London College of Fashion, will visit the College's East End sites at 100 Curtain Road and Golden Lane EC2.

The Princess Royal, as Chair, International Olympic Committee Members Election Commission, will hold a Dinner at St. James's Palace.

April 26

■ ***The Earl of Wessex***, as Chancellor, The University of Bath, will attend an Alumni Reception at St. James's Palace.

■ ***The Earl of Wessex***, as Trustee, The Duke of Edinburgh's Award, will hold a meeting at Buckingham Palace.

■ ***The Earl of Wessex***, as Honorary Liveryman, The Worshipful Company of Fuellers, will hold a meeting at Buckingham Palace.

■ ***The Princess Royal***, as Chair, International Olympic Committee Members Election Commission, will chair an International Olympic Committee Members Election Commission Meeting at Buckingham Palace.

'Downturn' in house prices

ASKING prices for homes in London are actually falling, according to a report by property agents Propcision.

The study found that roughly 40 per cent of properties listed for sale in Earl's Court have had their price cut since coming to market. While 35 per cent of properties listed for sale in Chelsea and Knightsbridge have seen a price reduction, 29 per cent of properties in Hammersmith and Fulham have seen asking prices falling too.

Michelle Ricci, co-founder of Propcision, said: "The data suggests that we are seeing resistance in the central London market. To make an analogy, it's like throwing a ball into the air, at some point the ball will stop moving upward and shift downward. In statistics, we call this a point of resistance.

"The upward trend prime central London enjoyed for the past few years has started to show signs of resistance. This is typically associated with the start of correction although not necessarily a downward trend – as in the ball analogy. We feel the data suggests asking prices are holding steady with levels seen in the past six months. However, that said, there are particular areas of vulnerability that may start to show demonstrable evidence of a downward trend – most notably new-builds."

■ This list shows London areas where asking prices have been slashed (borough and percentage of properties on the market having a price reduction):

Kensington and Chelsea	33%
Kingston Upon Thames	30%
Hammersmith and Fulham	29%
Wandsworth	29%
Westminster	28%
Lambeth	27%
Richmond Upon Thames	26%
Harrow	25%
Merton	24%
Hounslow	24%
Camden	23%
Waltham Forest	23%
Hillingdon	23%
Southwark	23%
Ealing	23%
Bromley	22%
Haringey	22%
Barnet	21%
Hackney	21%
Islington	21%
Brent	21%
Greenwich	21%
Lewisham	20%
Sutton	19%
Tower Hamlets	19%
Havering	18%
Croydon	18%
Enfield	17%
Barking and Dagenham	16%
Newham	16%
Redbridge	16%
Bexley	11%

Choir's deal

THE NHS Choir has signed a deal with the same record label as Justin Bieber.

The Lewisham and Greenwich NHS choir won the battle for the Christmas number one against the Canadian pop star last year after he urged his fans to support them.

He called on his fans to help the charity single get to the top spot.

Following the success of their song ***A Bridge Over You***, they have been signed to Decca Records who will release their debut album titled ***Something Inside So Strong.***

■ **CHEQUE THIS OUT: Metro Bank's new King's Road store in Chelsea was officially opened last weeek. Pictured here in the centre of this group, left to right, are Kevin Barret, regional director, Adam Johnson, local director, Greg Hands, MP for Chelsea and Fulham, Cllr Robert Freeman, Mayor of The Royal Borough of Kensington and Chelsea, Iain Kirkpatrick, managing director of regional banking and Carl Maw, store manager**

Half of GPs' patients don't need to see GP, says report

BY LWN REPORTER
editorial@londonweeklynews.co.uk

ONLY one in three Londoners visiting a GP should be seen by a doctor, a move which could lead to practices offering 20-minute appointments, according to a think-tank.

The report, by the Reform think-tank, found that half of patients that are currently seen by GPs could be seen by other clinical staff.

It also claimed that there was growing appetite for seven-day routine GP services – a claim disputed by GPs.

Reform said that the current model of general practice was 'out of date', and called for bigger practices, which it said could help stop 'millions of unnecessary A&E visits'.

The report's author concluded that the Government's pledge to increase the workforce by 5,000 GPs by 2020 was 'nothing more than a sticking plaster'.

The findings were based on a roundtable held with 22 GPs and other stakeholders.

The report said that GPs currently take around two-thirds of the 372 million appointments at GP surgeries every year – two-thirds of all appointments in practices.

Experts who were interviewed claimed that half of these can be taken on by other staff, including nurses, which they estimate would save over £700m a year and would allow GPs to offer 20 minutes appointments.

The report said: 'General practice is out of date. The model, built for 1948, must address the ever-more complex needs of a growing, ageing and more technologically sophisticated population. It cannot do so in its current state, which affects outcomes for patients and puts significant cost pressures on the system as a whole.'

The authors praised new super-practices, arguing that the 'quality of GP care increases in line with the size of practices', citing Care Quality Commission reports.

They also claimed that weekend routine appointments were becoming more popular, citing figures that suggested Taurus Healthcare, a federation serving 185,000 patients in Herefordshire, were filling a higher proportion of weekend appointments.

Alex Hitchcock, report co-author, said: 'Employing 5,000 more GPs is nothing more than a sticking plaster for an out-of-date model. Bigger practices and new technology can deliver better access and stop millions of unnecessary A&E visits.'

The RCGP disputed the claims made around seven-day services.

Dr Maureen Baker, RCGP chair, said: 'This support for seven-day general practice services flies in the face of our own research – and the fact that a number of surgeries that have piloted seven-day working have had to scale-down services due to a lack of patient demand at weekends.

'Access to general practice services is undoubtedly important, but patients recognise that prioritising weekend and evening access must not come at the expense of access and services during normal hours. They have better things to do on a Sunday afternoon than have their ears syringed.'

■ **TIME WASTED? Some GPs are seeing patients they don't need to**

Lines from Shakespeare

A SPECIAL edition Tube map has been produced in which station names have been replaced with characters, plays and modern adaptations of William Shakespeare's work to mark the 400th anniversary of his death.

Among the changes from the real-life London Underground are Westminster as tragedy ***King Lear***, St Paul's as Lysander from ***A Midsummer Night's Dream*** and Cannon Street as history play ***King John.***

The map also shows three of the capital's theatres where Shakespeare's plays were performed – the Globe Theatre, Blackfriars Theatre and the Curtain Theatre in Shoreditch.

Dr Farah Karim-Cooper, head of higher education and research at Shakespeare's Globe, said: "What this wonderful keepsake reveals is that Shakespeare's work, his characters and themes intersect with each other in fascinating ways.

"To think about navigating the plays in the same way we think about getting around the Underground reminds us that as complex as they are, the works of Shakespeare are entirely accessible to everyone."

Shakespeare is believed to have died on his birthday, April 23, in Stratford-upon-Avon in 1616.

The map is available to buy online or directly from London Transport Museum and Shakespeare's Globe.

■ **The Shakespearian Tube**

58 firefighters at hotel blaze

EIGHT fire engines and 58 firefighters were called to a fire in a hotel on Princes Square in Bayswater W2 on Friday evening.

The fire affected the basement of the five storey property and crews wearing breathing apparatus rescued three adults from the building – one from the first floor and two from the second floor. All three were taken to hospital by London Ambulance Service suffering from smoke inhalation. A further 200 people left the building before the Brigade arrived.

Station Manager Charles HanksM who was at the sceneM said: "Our crews worked hard to confine the fire to the basement and to stop it from spreading to the upper floors of the hotel. Firefighters rescued three people and carried out a systematic search of the building to make sure no-one else was inside."

The Brigade was called at 11.06pm on Friday and the fire was under control by 1.56am on Saturday morning.

Crews from Paddington, Kensington, North Kensington, Soho, Hammersmith and West Hampstead fire stations were at the scene. An aerial ladder platform was also in use at the incident.

The cause of the fire is under investigation.

Teeth Matter

Teeth Matter.....

Our smiles play a big role in first impressions, not to mention the fact that being able to laugh and grin freely is part and parcel of being happy, so it's little wonder that being plagued by self-consciousness due to crooked teeth can have a major dent on confidence levels.

However, it's a myth that if you didn't get a mouthful of metal braces aged 13, you've missed your chance altogether - whatever your age, it's not too late to get overcrowded, wonky teeth straightened out by an orthodontist.

If you do want to neaten up your smile, this is what you need to know.

Invisalign works by repositioning teeth little by little, using a series of custom-made clear plastic 'aligners' that are changed every two weeks. Digital scanning technology and 3D software is used to plot the way the teeth should move over a period of weeks - so you can see how your teeth should look at the end of the treatment before even starting.

Alternatively, you can go classic with traditional metal train tracks which are tightened over time to pull teeth gradually into place.

One issue which older people need to be aware of is that their bone may be less able to regenerate to hold the teeth in their new position than younger people. Following treatment, permanent retention may be necessary to stop the teeth moving back.

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Capital nights

EDITED BY GEOFF BAKER

Hold on, there's more to come

DESPITE been dramatically snubbed in the nominations for next month's BAFTA TV awards in favour of luvvier productions, Britain's most-popular drama *Call The Midwife* continues to soar above higher-end series and already it has been slotted for "the golden spot" this Christmas, *writes Geoff Baker.*

Although the BBC's expensive and lavish *Wolf Hall* has received four nominations for BAFTA gongs and Channel 4's rave culture series *This Is England '90* is slotted for three, the midwife drama that many more millions watch has been left off the list for any drama awards.

Not that Jenny Agutter and her excellent co-cast should care, as *Call The Midwife* has been awarded a much better prize than some old BAFTA trophy – BBC1 has scheduled the Christmas Special of the Nonnatus House drama in the primetime top slot for Christmas night, meaning that it will thrash all-comers in the ratings.

However, there will be little of the East End in the special as the nuns and nurses will be transported to South Africa.

"Nonnatus House receives an SOS from a tiny mission hospital in the Eastern Cape. Understaffed, underfunded, and with a poor water supply, struggling Hope Clinic is faced with closure. Can our much loved medics and midwives make a difference to the people whose lives depend upon its work?" says the BBC, which is currently celebrating official confirmation that *Call The Midwife* has become the UK's most-watched drama, with 10 million avid followers.

HOLDING OPERATION: The midwives head to South Africa, right

"Far from home and everything familiar, the team are both shaken and exhilarated by the challenges they face – and by the time the mission trip is over, some lives are permanently changed."

Oo-err. *Call The Midwife's* executive producer Pippa Harris says the special and the new, sixth series which are currently being filmed are destined to become "our strongest yet" – not least as they will see the return of the hugely-popular Miranda Hart as Nurse Chummy.

The sixth series will be set in the East End of the early Sixties and is set for a sinister twist as the gangster spectre of the Kray Twins enters the storyline.

"Set in 1962, the season will see social revolution in the outside world. As they strive to help mothers and families cope with the demands of childbearing, disability, disease and social prejudice, our beloved medics must make choices – and fight battles – of their own," says the BBC.

Midwife creator Heidi Thomas explained: "As the team settle back into Poplar after their South African adventure, we'll see them grappling with all the contradictions and opportunities of the early Sixties – the beacon of the Pill, the shadow of the Kray twins, the lure of independence and the call to duty. And time and time again, in an age of change and danger, we will be reminded of the simple power of love."

And doubtless the new series will achieve huge ratings that *Wolf Hall* and *This Is England '90* can only dream on about.

Broadchurch safety appeal

FILMING is soon to start on the third series of ***Broadchurch***, but it will be the last-ever run of the Dorset police drama – which should come as a relief to officers of the local Coastguard.

David Tennant and Olivia Coleman will return to lead the cast in the new eight-hour series which this time will centre on the investigation of a serious sexual assault.

Although the drama has brought a much-needed boost to the economy of the tiny seaside village of West Bay, where ***Broadchurch*** is filmed, it has also brought frequent headaches with emergency services concerned for the safety of "Churchies" who have been flocking to the TV location.

The safety fears are heightened because the West Bay cliffs are rapidly crumbling and falling onto the beach, presenting a real danger to fans of the show who want to tread the sands walked by ***Broadchurch's*** DI Alec Hardy and DS Ellie Miller.

In the last 12 months, the Dorset Coastguard has spent 723 man hours rescuing people along to Jurassic Coast and although not all of them have been Churchies, emergency services are worried that TV fans could put themselves in danger if they go location-spotting without heeding the danger signs along the cliffs.

"There are a lot of people who do not think that the warnings apply to them," said a Coastguard spokesman.

"Accidents do happen and they are putting themselves in danger of losing their lives. The people who deliberately ignore signs to take pictures to put on social media are the most frustrating, they just do not use common sense. There is the potential for people to get very seriously injured."

Water bomber Amanda happy to soak up criticism

THE increasingly-foxy Amanda Holden could become the first Ms Wet T-shirt star of ***Britain's Got Talent*** if Simon Cowell takes his revenge for the soakings she has given him.

Amanda was bawled out by the top show's executives after she drenched Simon during auditions for the new search for the stars of tomorrow.

She flipped and threw water over Simon after a judges' spat for which she blames his inability to back off in a row.

"Simon, when he thinks he is being funny, doesn't know the rule of three," said Amanda. "He's got a rule of ten, where he just repeats and repeats himself and it's just not funny. I gave him several warnings to stop it and in the end I threw water over him."

Although Simon thought it was a huge hoot, the programme team were not amused.

"I looked at his make-up girl and she was really cross, but I thought I had got away with it," said Amanda.

"But as I then continued with my criticism, Simon just kept on having a go, so I picked up another glass of water and threw that over him as well. He was laughing his head off but the make-up artist had steam coming out of her ears. She was so cross that I had to apologise to her and I got told off by everyone.

"Although he was soaked, Simon was quite happy to carry on with the rest of the show because he looked hot in a wet shirt and he knew it, but the producers made him change."

But it is not the first time that Amanda has soaked her boss after disagreements over the talent. She also pulled the same trick three years ago and ***Britain's Got Talent*** executives says the word backstage is that Simon is planning to get his own back before she attempts to go for a hat-trick.

"He's waiting for his moment, which may well be when Amanda is wearing one of her flimsiest frocks, and then it could be round three of the water fighting," said one of the team.

"Amanda may be well advised to keep a brolly close to hand under her desk. Although she's famous for being revealing, she probably doesn't want to be that revealing as our own Ms Wet T-Shirt."

Meanwhile, Amanda says she still cannot get over her surprise that one of the show's star moments did not turn out as she expected, because she thought Susan Boyle was going to crack gags.

"I still kind of judge a book by its cover with the acts; I thought Susan Boyle was going to be a stand-up comedian," she said. "It still shocks me when I watch it and she opens her mouth and sings. But all kind of acts come on and I still make a judgement in my head over what they are wearing and what they are, and they still always surprise me. It's human nature, but I think it's the biggest barrier breaker on TV."

BY NICKY SWEETLAND AND JACK DIXON ● EDITED BY GEOFF BAKER

Easy does it for the Queen

WELL at least that answers one question that has been nagging us for years: Does The Queen like rock & roll?

Er, no, not a lot.

ITV has revealed the line-up for *The Queen's 90th Birthday Celebration*, the huge four-day show which will be staged in Windsor next month, and although it has a vast cast there's not a rocker among them.

In stark contrast to the Golden and Diamond Jubilee events of 2002 and 2012, when stars including Paul McCartney, Elton John, Queen, Eric Clapton, Ozzy Osbourne, Rod Stewart, Stevie Wonder, Robbie Williams and Ray Davies performed at Buckingham Palace, the new big gig at Windsor Castle has cut out the rock.

Instead of blasting Her Majesty to within an inch of ear-plugs, organisers have been told to keep it soft and the closest that guests will get to the raucous row that kept the corgis up at concerts past will be a performance by James Blunt, who, bluntly, is not exactly Black Sabbath.

Instead, the gala which will be hosted by the royals' new pets Ant and Dec will be a largely-classical affair, led by that nicely non-threatening Katherine Jenkins with tenors Alfie Boe and Andrea Bocelli.

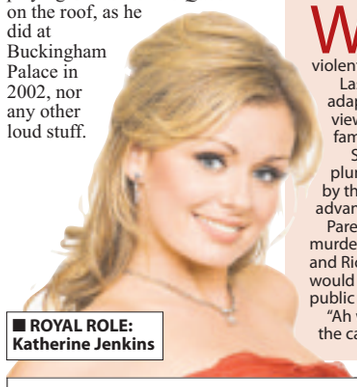
This national celebratory event will take place in the presence of Her Majesty The Queen in the private grounds of Windsor and will see the best of, shall we say, the safest of British talent join more than 900 horses and a cast of 1,500 performers.

The celebration will tell the story of The Queen's remarkable life from her birth in 1926, through the Second World War, to her Coronation in 1953 and a reign spanning more than 60 years.

Joining hosts Ant and Dec will also be Jim Carter, who played the butler Mr Carson in *Downton Abbey,* said to be one of Her Majesty's favourite dramas, and also actors Damien Lewis and Martin Clunes.

Dame Helen Mirren, who played Her Majesty in *The Queen*, will also appear, with Beverley Knight, Kylie Minogue, Imelda Staunton and Jennifer Saunders. Another royal favourite, gardener Alan Titchmarsh, will also have a guest spot at the big do, which will feature The Oman Royal Cavalry, Chilean Huasos and Dancers, The New Zealand Army Band, The Royal Canadian Mounted Police, Azerbaijani Dancers and Djigitovka Horses and Riders, State Carriages from The Royal Mews, The South Australian Police Band, The King's Troop Royal Horse Artillery, The Fijian Armed Forces Band and Dancers, 100 Military and Commonwealth Pipers and The Household Cavalry Mounted Regiment.

But there will no Brian May playing *God Save The Queen* on the roof, as he did at Buckingham Palace in 2002, nor any other loud stuff.



■ ROYAL ROLE: Katherine Jenkins

Hyde parked, Higson acts

WRITER Charlie Higson is going back to acting after ITV axed his highly-controversial ***Jekyll And Hyde*** after a scheduling blunder caused more than 800 complaints against the violent production.

Last year ITV chiefs risked their arm by scheduling Higson's adaptation in the brave slot of 6.30 on a Sunday night and viewers more used to seeing the likes of ***Songs Of Praise*** and family dramas at that hour let them have it.

So vociferous were the objections – and so dramatic the plunge in the audience from an initial 4 million to just 1.8 million by the end of the 10-part series – that ITV pulled the plug on advanced plans for the second series.

Parents were furious that young children were exposed to murders and violent fights in the series which starred Tom Bateman and Richard E Grant and although Higson and ITV thought they would be breaking new ground with vivid action in the teatime slot, public opinion proved them wrong.

"Ah well, I tried," said Charlie, who is now swapping jobs to join the cast of the new series of ***Broadchurch***.

TEN years after Jools Holland sprang him from complete obscurity, former hobo Seasick Steve, ***pictured left***, is heading back to London to celebrate with a big gig at Wembley Arena.

Steve, who has sold out the Albert Hall, Hammersmith Apollo and the Brixton Academy since London crowds propelled him to fame and a considerable fortune, is to perform at the 12,500-capacity gig on October 15.

His big London show is a far cry from his days in Tennessee, when he was so poor he hopped freight trains from town to town, looking for work as a farm labourer and on carnival stalls.

"Hobos are people who move around looking for work, tramps are people who move around but don't look for work, and bums are people who don't move and don't work. I've been all three," says Steve, who now has a reported wealth of £20 million and an annual income of £2.4 million since Jools gave him his breakthrough by booking him for his BBC ***Hootenanny*** show of 2006.

"When I realised that it was going to be 10 years since I was on Jools' show and 10 years since you guys in London gave me this job, I decided that we gonna have a party," said Steve.

"It's going to be a 10 years out of the dog house party – look what ya done!"

ALTHOUGH concert goers have become accustomed to rising ticket prices, a new charge of £120,000 to see Radiohead is pushing it to a new level.

Organisers of Iceland's Secret Soltice festival in June are hoping that a London high-flier will leap at the chance of purchasing the world's most expensive ticket, $1 million for a party of six at the three-day show in Reykyavik.

Promoters say that as a lot of London's rich elite have made Iceland their favourite spot for a weekend break in recent years, quite a number of them are expected to be attracted by this unique package.

Besides getting to see Radiohead, ***pictured***, and Deftones, those with the free cash to afford access all areas will also get a private jet, two chauffeured limos, bodyguards, a six-room villa, helicopter transfers to rock's first concert inside of a volcano, drinks at the artists' backstage bar, tickets to see "prominent Icelandic artists perform in a lava field", an engraved memorial ticket made from Icelandic lava rock, a personal chef, whale-watching and a walk on top of a glacier at midnight when the sun is still up.

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Talk of the town

BY NICKY SWEETLAND

FOLLOWING worldwide acclaim, Tony Award winner Frances Ruffelle brings her celebrated solo show to the Hippodrome Casino next month as part of the West End Women season.

After a sold-out run at The Crazy Coqs here in London last year, the one-night-only musical spectacle is likely to be one of the hottest tickets around, *writes Nicky Sweetland.*

Entitled *I Say Yeh-Yeh*, the show charts aspects of the star's life in a unique and funny collection of stories and songs. Sharing success and failure, the evening allows the actress to be veracious and frank, with a performance that will strike a chord with anyone who has loved and lost. The highly sought-after performer has just returned from the USA where she played to packed concert halls – and is also set to take her hit show across the channel to Paris within the next few weeks, the city where she gained many of the influences for some of the vignettes and songs which feature.

I had afternoon tea with Ruffelle, who's still the epitome of cool and is looking forward to performing back in London once again. She talked about what people can expect from the show and her goal of challenging expectations of conventional solo performance.

She said: "The word cabaret means 'small room', but I prefer to call my show a solo show. Rather than just a collection of songs from pieces I've been in, I want my performance to be a piece of theatre in itself.

"So instead of talking about shows I've appeared in, or explaining my choice of songs, I create a kind of theatrical narrative and weave the songs together into a story. Essentially, I'm doing a theatre piece in what you might call a cabaret room."

Ruffelle gained iconic status in the late eighties when she was cast as the street urchin Eponine in the smash hit musical *Les Miserables* – both in London and on Broadway. She went on to win a Tony Award for the role and made the character's now classic standard, *On My Own*, an anthem for unrequited love. The highly praised actress has enjoyed an enviable career ever since, which has included leading roles in *Chicago* the musical, both at the Adelphi and the Cambridge theatres, numerous television appearances and representing the UK at the Eurovision Song Contest in 1994, where she finished a commendable 10th with the song *Lonely Symphony*. She's currently directing a solo show for the talented up-and-coming actress Evelyn Hoskins that they conceived together, called *There Was a Little Girl.*

Her idiosyncratic solo shows have been praised the world over. Previous shows, *Paris Original* and *Beneath the Dress* both received high critical acclaim, with *Beneath the Dress* being listed as one of Playbill's Most Memorable Experiences. Her new show, *I Say Yeh-Yeh*, was nominated for one of last year's coveted West End Wilma Awards and fans of the actress are once again clamouring to experience this very special up-close-and-personal evening of tears and laughter – and you can be guaranteed a lot of both from the ultra-talented Ruffelle and friends.

"I always want to challenge myself creatively with what I do. For *I Say Yeh-Yeh*, I've written a couple of the songs myself, and I've worked with the amazing Gwyneth Herbert to create these little poetic vignettes inspired by the French poet Jacques Presvert, which link all the songs. They're funny, they're sad and they're actually really about my life. Basically, the whole show is my story from heartbreak to empowerment.

Voice of Eponine and journey from heartbreak to happiness

■ BY MYSELF: Frances Ruffelle has her own show at the Hippodrome Casino

"Real experiences of my ex, our dog, and his new girlfriend. I write about my old loves and I write about my new love. A lot of women have come up to me after the shows and thanked me – they tell about their divorces and their break-ups, their unrequited loves and it's not just women, it's men too.

"We all go through these things and I just wanted to share my true feelings and be honest, through these stories and songs, and hopefully let people know that they're not alone."

Ruffelle's choice of music for the show – and the album of the same name – is a real mixture, with some famous tunes performed in a different and altogether individual way.

She explains: "The thread that links all of the songs together is Gwyneth's unique arrangements. Over a bottle or two at mine we came up with a sound palette drawn from 1960s French lounge pop – organ and accordion and trashy drums, pots and pans and there's even a French horn thrown in!

"Most of the songs are from my new album but we've added a few more for this new version of the show created especially for the Hippodrome. I'm also premiering a brand new song called *Like Yesterday*, which we're going to record for a little EP. It's the most beautifully raw and emotional ballad I've ever come across."

Ruffelle is modest and wonderfully down to earth about her life and work, but at the same time exceptionally passionate. I ask if she has been surprised by the acclaim *I Say Yeh-Yeh* has received.

"Yeah at first, when Gwyn and I first put it all together we were just hoping it would work, and then were totally blown away by the reaction we got for the first performance. I was quite nervous about whether people would get where we were coming from, and whether they'd get my jokes – some of it's quite dark but also funny.

"I guess it's the bravest thing I've written so far, but straight away, a lot of people who have seen all of my shows have said it's their favourite one. I think it's my favourite too."

Frances Ruffelle will perform her solo show, *I Say Yeh-Yeh*, at the Hippodrome Casino on May 5. If you would like more details you can visit the website *hippodromecasino.com*

South Bank welcomes a Wonderground full of surprises

LONDON Wonderground will return to the South Bank on May 5 in what promoters are calling "the bawdiest, glitziest, most outrageously hard-partying five year-old in the city, the magnificent Paradiso Spiegeltent and electrifyingly atmospheric Coney Island bar bringing with it the country's very finest festival of cabaret, circus, alternative comedy, kids shows, parties and outdoor bars".

Headlining the Spiegeltent this year is the world premiere of the Wild West circus-cabaret The Raunch – featuring a raucous range of circus skills, captivating music and filthy humour from a motley crew of cowboys, braves and blaggards.

Joining them is Canadian troupe Cirque Alfonse with the London premiere of their electro-trad circus-cabaret epic Barbu – one of the hits of the 2015 Edinburgh Festival Fringe.

These two astonishing spectacles spearhead a fantastic programme of cabaret, circus and burlesque featuring a final cameo from cult boylesque variety party Briefs, burlesque superstar Miss Polly Rae in sensual cabaret spectacular Between The Sheets, the surreal and hilarious East End Cabaret with Club Perverts, the haunting and beautiful Black Cat Cabaret, interactive anarchy in Miss Behave's Game Show and a twisted tribute to Edith Piaf from the Tiger Lillies.

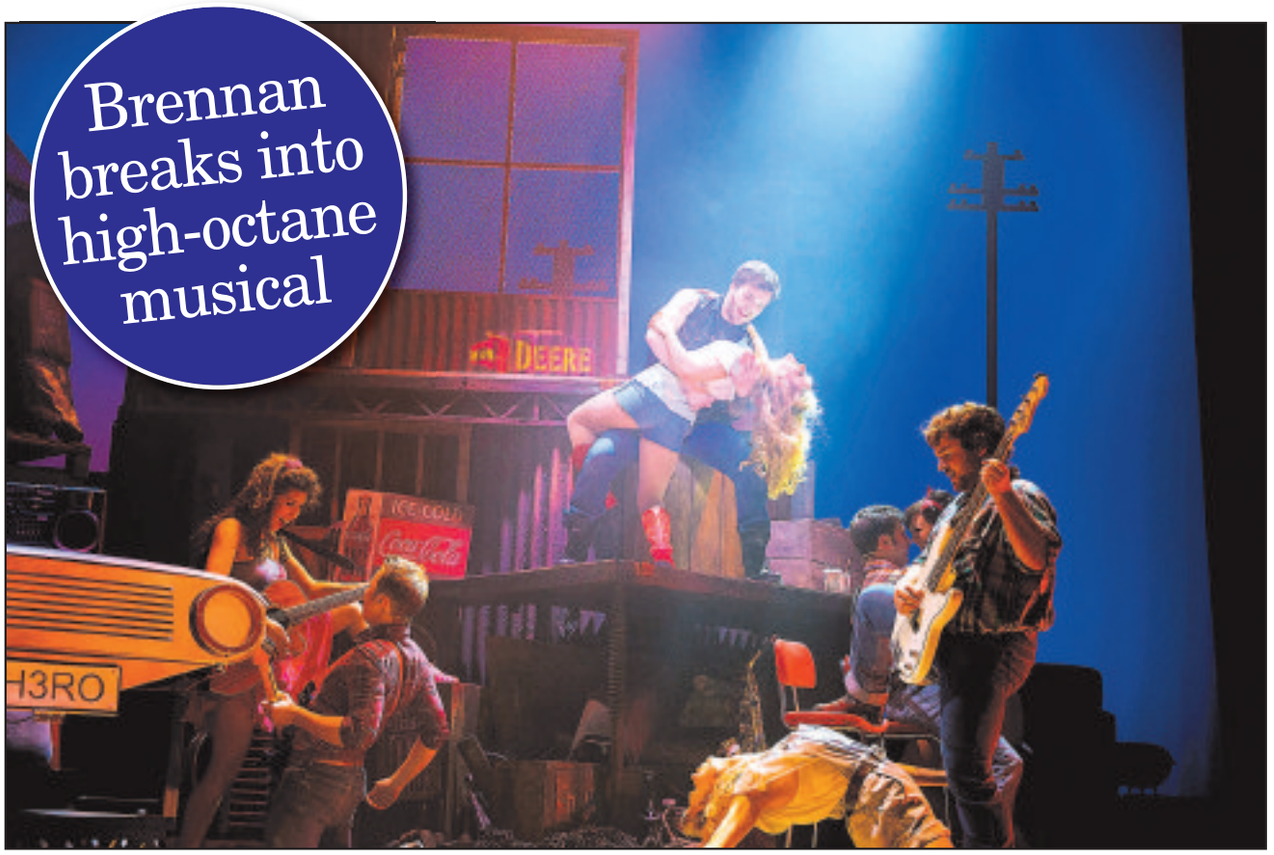
They are joined by chanteuse Ali McGregor, Alternative Eurovision, Double R Club star Benjamin Louche, cabaret supergroup Bourgeois & Maurice and David Hoyle, astonishing vocals and character comedy from Cabaret Whore, Dr Sketchy's Anti-Art School, which has the audience drawing alternative cabaret stars as they perform, Dusty Limits' anti-comic cabaret Black Dogs of Death, Finger In The Pie's anarchic cabaret variety Wünderfinger, House of Burlesque, Joe Stillgoe's Songs on Film, Lili La Scala, Marcel Lucont's Cabaret Fantastique, magical chaos from Peter & Bambi, Scottee and Stars & Strippers. Wonderground also provides a platform for comedy, including live performances from TV stars Debra Stephenson and Jess Robinson.

■ VARIETY PERFORMANCE: London Wonderground on the South Bank

Treats for the whole family include DIY circus from Trash Test Dummies, Metta Theatre's mixture of dance, puppetry and spoken work, which combine to create a brand new adaptation of Kipling's ***Jungle Book***.

Talk of the town

Brennan breaks into high-octane musical



FULL THROTTLE: The cast of Footloose, which comes to the New Wimbledon Theatre in May Picture: Matt Martin

AS one third of the nineties pop sensation 911, Lee Brennan enjoyed stellar success, with a multitude of top ten singles and over six million albums sold worldwide.

After the band reunited in 2012 for the reality-documentary series *The Big Reunion*, the songwriter found further fame and following another successful pantomime season, is about to grab his guitar and take to the stage with the cast of the musical *Footloose* on their nationwide tour, *writes Nicky Sweetland.*

The rock 'n' roll musical dances into the New Wimbledon Theatre from May 2 to 7. I caught up with Lee, who told me how he came to be cast in the show, which is based on the 1984 film version that starred Kevin Bacon.

Lee said: "I've always wanted to do musicals, probably since I was about eight when I watched the *Wizard of Oz* and the likes of *Mary Poppins* and stuff like that."

The singer had played 60 shows as Aladdin in Leeds over Christmas and once again relished the pantomime season, which he has been part of for many years.

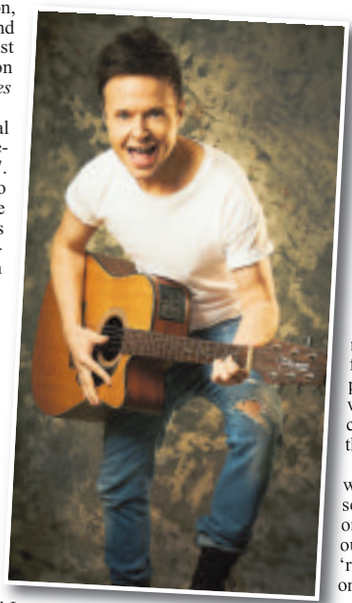
"This audition just came out of the blue. I'd just moved into a new house and I got a call saying would I go for an audition for *Footloose*? I'd just seen the film a few days earlier.

"I know the film, I know the songs, I know the storylines, so I had to quickly learn the song and then a bit of a deep South American accent.

"I learnt a bit of script and did the audition. I've never really done an audition before, it's a completely different world than I'm used to and so I had to sort of fake the confidence."

The 42-year-old pop star takes over from former *X-factor* finalist Gareth Gates in the role of Ren, who moves to a small town where dancing is forbidden. He tells me about the part he has to play in the story.

"Ren's frustrated because he can't do what he loves doing, which is dancing, so he's trying to get this law changed to allow dancing in the small town of Bomont and he kicks up a big fuss with the local councillors and stuff. It's a really fun show."



BACK ON STAGE: Lee Brennan returns to the glare of the live performance spotlight with the starring role in Footloose. Picture: Ray Burmiston

The show features classic songs including *Holding Out for a Hero, Let's Hear it for the Boy* and, of course, *Footloose*.

Although Lee is very used to performing to packed auditoria filled with screaming fans all over the world, he admits this new challenge has got him a little jittery.

"I'm so excited to be doing it and I've got nervous energy. I've found it difficult to sleep properly over the last few weeks because I'm just constantly going through the script in my head."

Brennan adds: "I'll wake up singing one of the songs, it's crazy. I think once I get the first show out the way, I'll be like 'right ok this is great, I'm on it'."

Footloose, starring Lee Brennan, will be visiting the New Wimbledon Theatre as part of its nationwide tour from May 2 to 7.

Diggle's kingdom proves fine place for Shakespeare

IN honour of the four hundredth anniversary of the death of William Shakespeare, *My Kingdom for a Stage*, a brand new play by Tony Diggle, comes to the Chelsea Theatre later this month.

The play, directed by Andrew Loudon (*Carrie's War, Gertrude's Secret, Cool Hand Luke*), stars Jonathan Coote as Shakespeare and follows the Bard as he sits in the heavens with his peers, excited by the recreation of his Globe theatre in London and by the 400th anniversary of his death.

With Puck's assistance, he returns to London, believing that everything is very much better. When he discovers things are not nearly as rosy as he thought, he decides to "torment them (the people of the present day) for this error".

But Christopher Marlowe and Mephistopheles intervene, pointing out that Shakespeare's own life was far from rosy itself!

The play compares the Britain of the Elizabethan and Jacobean age with the Britain of Elizabeth II and contrasts Shakespeare the public man, as expressed through the general line of his plays, with Shakespeare the private man.

My Kingdom for a Stage runs at the Chelsea Theatre from April 27 to May 7. For more details you can visit the website *chelseatheatre.org.uk*

Talk of the town

Seagrove revels in Ayckbourn classic

ALAN Ayckbourn has written many of the nation's best loved plays, classics which have become part of the our collective psyche, *writes Nicky Sweetland.*

A brand new version of one of his earliest works is currently playing to packed houses at the Theatre Royal, Haymarket, and its all-star cast are relishing the opportunity of sharing in the glorious mirth making of the acclaimed writer.

How The Other Half Loves stars Tamsin Outhwaite (*Eastenders, Hotel Babylon*), Jason Merrells (*Lark Rise to Candleford, Waterloo Road*), Matthew Cottle (*Game On*) and Gillian Wright (*Eastenders*) – all of whom have become some of the UK's most popular television actors.

It also features stage stalwarts the Olivier-nominated Nicholas Le Prevost and celebrated actress Jenny Seagrove, with whom I talked about the play and what it's like to work with such an array of stars.

She said: "It's wonderful. To make people laugh is the greatest gift, it really is. It's such a clever show. I love the actors I'm working with. I think they're all incredibly well cast and talented and you know, what's not to love? We're getting very big houses, I'm in the best theatre in London and I'm really, really enjoying it."

■ **STALWARTS: Jenny Seagrove and Nicholas Le Prevost** Picture: Alastair Muir

The play is set in the sixties and involves a remarkably clever set, comprised of two apartments overlaid, with action taking place simultaneously in both.

The master of the fast paced farce, Ayckbourn uses the ingenious interwoven stories to depict the fall-out of an illicit affair between a bored middle class housewife and a bawdy rogue. With matrimonial catastrophe imminent and an innocent couple mixed into the deception, an hilarious and confusing catalogue of disasters ensues.

Jenny explains: "This is extremely clever, it really is, with its use of crossover space and kind of consecutive time and different time and just the lines that he writes.

"It's what makes it difficult, because as an actor, you want to paraphrase, to make it how you would say it, but if you say it how you would say it, you won't get a laugh. If you say it how it's written you'll get a laugh. It's all about rhythm and every good playwright has his own rhythm and Ayckbourn's is very specific. If you hit it with truth, but speaking the words, the words he's written, you will get the laugh."

Jenny Seagrove is perhaps best known for her portrayal of QC Jo Mills in the television courtroom drama, *Judge John Deed*, but the actress, who is married to West End impresario Bill Kenwright, has enjoyed an illustrious career in theatre and played opposite some of the country's most celebrated actors in productions both in London and around the UK including Hayley Mills and Tom Conti.

This is not Jenny's first Ayckbourn. She has performed in many of his most famous productions, including twice in *Bedroom Farce,* playing different characters, and in the 2007 Garrick Theatre production of the three-act comedy *Absurd Person Singular,* in which she played the snobbish Marion Brewster-Wright.

At 58, the revered actress shows no signs of slowing down and with this new play at the Theatre Royal she shows, once again, her aptitude for comic timing coupled with a sense of prudishness. Doe she find the pace of the show tiring?

She laughs. "Ask me in two months' time! This play, more than any other play I've done, demands 200 per cent concentration. If you let your mind wander for even 30 seconds you'll miss something.

"You'll miss an entrance or you'll miss a cue or a reaction or something or you'll get a line wrong, so you kind of jump off the plank at curtain up and you come out the other end, but because you're making people laugh, it's great fun."

It's obvious, when watching the play, that the cast have the utmost respect for one another, but also that they enjoy the collective performance.

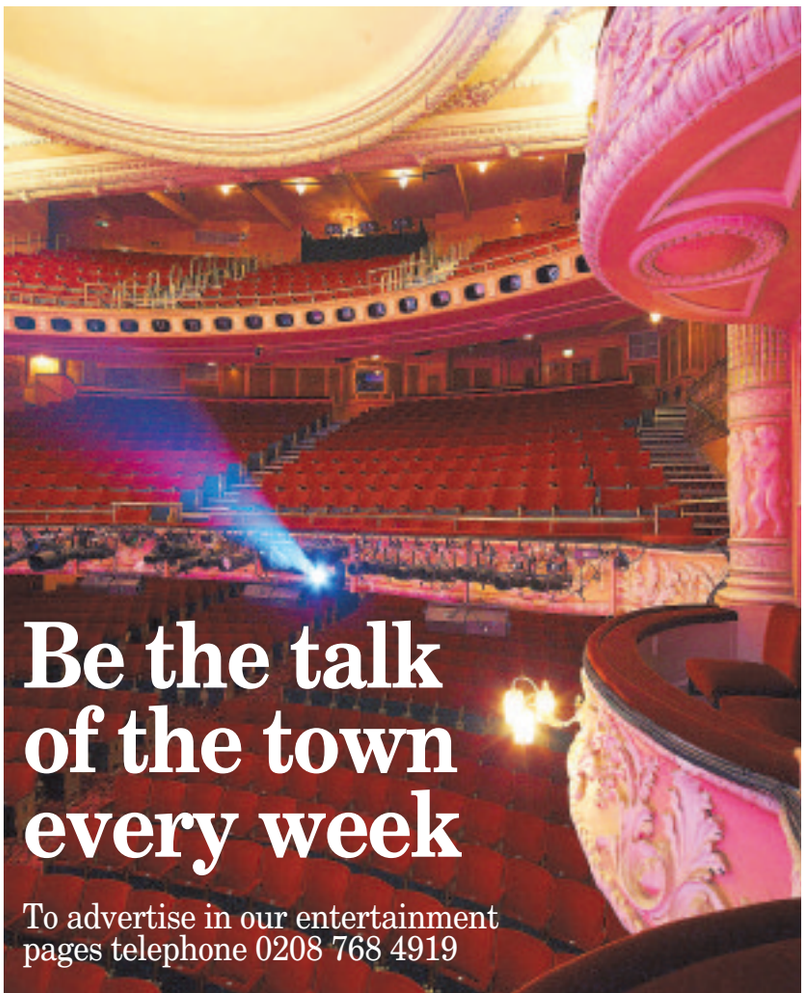
Jenny explains that there hasn't been too much time for backstage shenanigans, but that, as the cast become more at ease with their performances, she is sure there will be and that she is hoping it doesn't result in any corpsing on stage.

In particular she finds the scenes with Nicholas Le Prevost, who plays her husband, are becoming more and more difficult to play straight, but assures me that with the proficiency of the cast of stars, the show will always hold together.

"Everyone one of them is professional. They've all got comic timing and they all understand the truth. They're nice people. I've got nothing except just eulogies for every one of them. It's a privilege to be on stage with them. For example, Matthew Cottle. How many actors can get a near round of applause for trying to open a bottle of wine? It's genius."

How the Other Half Loves runs at the Theatre Royal Haymarket until June 25. If you would like more information, you can visit the website *trh.co.uk*

■ **CROSSED LINES: Jason Merrells and Jenny Seagrove are called on to provide the laughs. Bottom: Tamzin Outhwaite and Nicholas Le Prevost.** Pictures: Alastair Muir



American Idiot returns home again

FOLLOWING on from its critically acclaimed 2015 London run and 2016 UK Tour, Green Day's explosive Tony Award winning musical, ***American Idiot*** will be returning to its London home at the Arts Theatre for a limited run from July 8 to September 25.

Double platinum selling artist Newton Faulkner (Johnny), who joins the cast from May 7, and ***X-factor*** finalist Amelia Lily (Whatsername) will be continuing in their roles, alongside fellow cast members, Cellen Chugg Jones (Theo), Jemma Geanaus (Alysha), Alexis Gerred (Tunny), Llandyll Gove (Gerard), Karina Hind (Libby), Emma Housley (Heather), Lawrence Libor (Swing), Lucas Rush (St Jimmy) Steve Rushton (Will) and Alice Stokoe (Extraordinary Girl).

American Idiot is the story of three boyhood friends, each searching for meaning in a post 9/11 world.

The show features the music of Green Day with the lyrics of its lead singer Billie Joe Armstrong and book by Billie Joe Armstrong and Michael Mayer.

If you would like further information you can visit the show's dedicated website *americanidiotthemusical.co.uk*

WINE & DINE

The food and drink page for West London

By Keeley Bolger, Press Association

NUTRITIONIST Madeleine Shaw is on a mission to improve our attitude towards food, especially in how we deal with so-called diet setbacks.

"The worst thing you can do is be hard on yourself and negative," says the 26-year-old, who counts Millie Mackintosh as a client.

"It's almost like that stress on your body counteracts any of the good stuff you're doing. For me, it's not just about the food you put on the plate, but the attitude you have to food and yourself.

"I want to start a revolution of people being kinder to themselves."

And that means putting that extra-slice-of-triple-chocolate-cake-shaped blip into perspective.

"You've got to tell yourself that this one meal isn't really going to change things," she explains. "One piece of cake doesn't really put on loads of weight. Tell yourself that, and then get back to eating healthy with your next meal."

Being kind to yourself extends to expectations around cooking food from scratch, too. It's a great thing to do in theory, Shaw agrees, but whipping out the pans for every meal isn't always realistic.

"It's very difficult to make all your food," says the foodie and yoga fan. "On a busy day like today, I'll buy food out, but you can make good choices if you're grabbing something for lunch; there's always choice."

She believes with a bit of planning, nutritious fuss-free meals can be achieved even during busy spells, and has devoted her new book, *Ready Steady Glow*, to just that.

Divided into "fast weeks and slow weekends", many of the meals take 20 minutes or less to make, but there are more time-consuming recipes too, for those who want to "make that stew, do some baking...", as well as a section detailing her basic yoga routine, and handy weekly meal plans.

Being busy is something Shaw can wholeheartedly appreciate. A year on from releasing her debut healthy-eating book, *Get The Glow*, life has moved up a notch.

Up until her teens, she admits she ate a "typical magazine diet of Diet Coke and low-fat yoghurt" to stay slim, but found herself riddled with digestive problems and energy slumps.

Things changed when she moved to Sydney aged 18 to study, and started working at a healthy cafe. Shaw admits her changes didn't happen overnight, but inspired, she trained as a nutritionist and returned to the UK with renewed zest, eager to share her knowledge via her food and lifestyle blog. She now has 217,000 followers on Instagram and 39,000 on Twitter, and as well as writing, does talks and supper clubs, and has collaborated on a string of projects, including a special healthy menu for Brown's Hotel.

EXPERT ADVICE: Madeleine Shaw

So embedded is Shaw and fellow health blogger Ella Woodward's positive message that comedian Bella Younger has even poked fun at their approach in her popular spoof account Deliciously Stella, where typical posts about the benefits of munching on nutritious trail mix are accompanied with a picture of a bowl of assorted sweets, crisps and chocolate.

"I love it!" says Shaw with a laugh. "Bella is a fan of healthy eating. It's amazing how well she's done in such a short space of time."

The same can be said of Shaw, whose health and self-esteem have vastly improved since she started making changes.

"I felt much more at peace with myself; I realised that life was here to be enjoyed," she reflects. "Quite a lot of the time, we're expecting ourselves to be everything, especially as women: you've to be the mum or the girlfriend and the business woman, but also remain feminine and beautiful.

"You don't you need to add your own self pressure. I realised that when I felt better about myself and put more time into me, I felt happier and it made my life better.

"It's not an overnight switch, but we could all do to be a bit kinder to ourselves."

Show yourself some kindness with this recipe from *Ready, Steady, Glow*...

HEARTWARMING PHO

(Serves 2)

1tbsp coconut oil or butter
3 garlic cloves, crushed
1tbsp freshly grated ginger
100g wild or button mushrooms, chopped in half
450ml chicken stock
1tbsp tamari
2 star anise
1 cinnamon stick
1 large carrot or 2 small, julienned
3 pak choi, cut in half
4 eggs
1 red chilli, finely sliced, to serve
2 spring onions, finely sliced, to serve

Method Heat the oil or butter in a pan, throw in the garlic and ginger and cook for 30 seconds, then throw in the mushrooms and stir-fry for two minutes.

Pour over the stock, tamari, star anise and cinnamon stick and bring to a boil, then reduce to a simmer and cook for 10 minutes.

Throw the carrots and pak choi into the soup to cook for a further seven minutes while you prepare the eggs.

Gently lower the eggs one by one into a pan half-filled with boiling water. Boil for five minutes for runny yolks and nine minutes for hard-boiled.

Drain and hold under cold running water to stop them cooking and to cool them enough to peel.

Ladle the soup into two bowls, slice the eggs in half and place on top of the soup. Throw the chilli and spring onions over the soup to serve.

When you come across the cinnamon stick or star anise, remove them. They are there to add flavour to the soup, but not to be eaten.

DOES YOU GOOD: Heartwarming Pho

Classified

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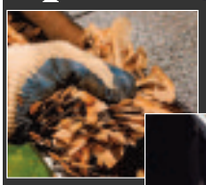

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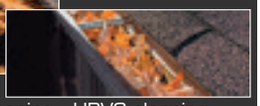

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(NIGEL PLAYFAIR AVENUE)

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1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate works in connection with the elections to be carried out in the above named road, it intends to make an Order the effect of which would prohibit vehicular traffic in a section of the above named road.
2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed, stop, wait, load or unload in Nigel Playfair Avenue.
3. An alternative route for traffic in article 2 would not be required.
4. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
5. The Order would come into operation on the 5th May 2016 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
6. Works in connection with the elections would be expected to commence on Thursday 5th May 2016 and Thursday 23rd June 2016 last for 1 day respectively. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 13th day of April 2016.

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(WOLVERTON GARDENS)

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1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate crane operation works to be carried out in the above named road, it intends to make an Order the effect of which would prohibit vehicular traffic in a section of the above named road.
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3. An alternative route for traffic in article 2 would be in place via Bute Gardens, Rowan Road, Brook Green, Shepherd's Bush Road and Hammersmith Road.
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5. The Order would come into operation on the 7th May 2016 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
6. Works would be expected to commence on Thursday 7th May 2016 and last for 2 days. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 13th day of April 2016.

Nicholas Ruxton-Boyle
Chief Transport Planner
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Owen White & Catlin LLP, 181 Chiswick High Road, London W4 2DR. Ref: ET.Littledale FN801791.3

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3. Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed in a northerly direction in Britannia Road between its junctions with Fulham Road and Moore Park Road.
4. Whilst works are in progress, or whilst the authorised traffic signs are displayed, sections of 'no waiting' restrictions on Harwood Road will extend from being in operation Monday to Saturday 8am to 8pm to being in operation At any time.
5. Whilst works are in progress, or whilst the authorised traffic signs are displayed, sections of 'no waiting and no loading' restrictions on the south-east side of King's Road between its junctions with Edith Row and Cambria Street will be reduced from being in operation Monday to Saturday 8am to 8pm to being in operation Monday to Saturday 8-10am and 4-8pm.
6. An alternative route for traffic in article 2 would be in place via Moore Park Road, Harwood Road and Fulham Road.
7. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
8. The Order would come into operation on the 30th April 2016 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
9. Works would be expected to commence on Saturday 30th April 2016 and last until 1st October 2016. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 13th day of January 2016.

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(CARNWATH ROAD / RIVERWALK F)

TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate works relating to the Tideway development to be carried out in the above named road and footpath, it intends to make an Order the effect of which would prohibit vehicular and pedestrian traffic in a section the above named road and footpath.
2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, no pedestrians will be allowed to proceed in any direction on the southern footway of Carnwath Road, between the easternmost north to south arm of Riverwalk F and the south-westermost north-west to south-east arm of Riverwalk G
3. An alternative route for traffic in article 2 would be in place via the northern footway of Carnwath Road.
4. Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall proceed, in the easternmost north to south arm of Riverwalk F and the east to west arm of Riverwalk F between the easternmost north to south arm of Riverwalk F and a point 5.00 metres west of the western building wall of Nos. 109 to 135 Carnwath Road.
5. An alternative route for traffic in article 2 would not be required.
6. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
7. The Order would come into operation on the 9th May 2016 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
8. Works would be expected to commence in phases on Monday 9th May 2016 and last for 9 weeks. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 13th day of April 2016.

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

THE LONDON BOROUGH OF HAMMERSMITH AND FULHAM NOTICE UNDER THE LOCAL GOVERNMENT ACT 1972 SECTION 123(2A) (as Amended) Land in Marcus Garvey Park, Gorleston Street, London W14 8XS (the "Land)

1. The Land shown hatched black on the below plan forms part of an open space held by the London Borough of Hammersmith and Fulham (the "Council). The Land measures 258.5 sq m.

2. NOTICE IS HEREBY given pursuant to Section 123(2A) of the Local Government Act 1972 that the Council intends to dispose of the Land by way of a licence for a term of 12 months for the purpose of temporary use as a contractors' compound to facilitate the carrying out of development at the adjacent property 6-12 Gorleston Street. The Land would be restored to parkland on expiry of the licence.

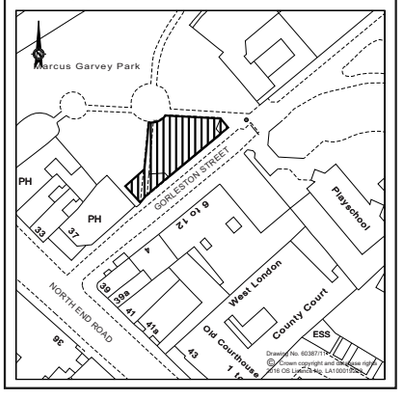
3. Any objection to the intended disposal must be made in writing and addressed to:

Ian Ross
Parks Manager
London Borough of Hammersmith and Fulham, Co/ The Stable Yard, Holland Park Ilchester Place, LONDON W8 6LU

No later than the 26 April 2016 (quoting reference RSD/IR/DS/MGP).
Dated this 12 April 2016

Ian Ross

On behalf of the London Borough of Hammersmith and Fulham



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Local Planning Applications
London Borough of Hammersmith & Fulham

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PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990
I give notice that applications have been made to the Council of the London Borough of Hammersmith & Fulham as follows:
FOR DEVELOPMENT WHICH MAY AFFECT THE CHARACTER OR APPEARANCE OF A CONSERVATION AREA
138 - 140 Hammersmith Road London W6 7JP 2016/01463/FUL
Change of Use of ground floor and basement at no. 138 - 140 Hammersmith Road to D1 (Dental Practice & Cosmetic Clinic)
506 Fulham Palace Road London SW6 6JD 2016/01465/FUL
Erection of a rear roof extension including the formation of a hip to gable roof extension following the removal of the dormer window in the side roofslope; erection of a rear extension at second floor level over part of the existing back addition.
13 Weltje Road London W6 9TG 2016/01544/FUL
Excavation of the front garden to form a lightwell in connection with the enlargement of the basement; erection of a single storey rear extension at basement level.
Maisonette A Ground And First Floor 32 Margravine Gardens London W6 8RH 2016/01509/FUL
Conversion of maisonette to use as 1no. two bedroom self-contained flat and 1no. one bedroom self-contained flat; erection of a part one part two storey rear extension at lower ground and upper ground floor levels.
21 Mellitus Street London W12 0AU 2016/00974/FUL
Erection of a rear dormer roof extension in rear roof slope.
62 Black Lion Lane London W6 9BE 2016/01534/FUL
Erection of a single storey rear extension following the partial demolition of the existing ground floor and associated internal and external alterations.
61 Carthew Road London W6 0DU 2016/01409/FUL
Erection of a front and rear roof extension, involving an increase in the ridge height by 300mm; erection of a rear extension at second floor level on top of the existing back addition; and erection of a single storey extension to the side and rear of the existing back addition.
70 Uxbridge Road London W12 8LP 2016/01576/FUL
Conversion of existing garage into Financial and Professional Services (Class A2); alterations to the front elevation of the garage to include the installation of a new door and window to replace the existing shutter door.
20 Cloncurry Street London SW6 6DS 2016/01396/FUL
Erection of an extension to the existing single storey back addition, including the installation of French doors to the rear elevation; excavation of the front garden and part of the rear garden to form lightwells, in connection with the enlargement of the existing basement.
16 St Peter's Grove London W6 9AZ 2016/01329/FUL
Erection of a single storey rear extension, to the side and rear of the existing back addition; erection of an additional floor at roof level.
137 - 139 King Street London W6 9JG 2016/01586/FUL
Amalgamation of 139A, 139B and 137 King Street to provide a dentist clinic (Class D1) including the change of use of the ground floor commercial unit at 137 King Street into a dentist clinic (Class D1); provision of a concierge room at the rear of the ground floor for the residential units on the upper floor; and alterations to the shop front.
Flat Ground Floor 21 Wandsworth Bridge Road London SW6 2TA 2015/05923/FUL
Further excavation and enlargement of the existing basement and lightwells; erection of new metal railings and pedestrian entrance gate at the front of the property; installation of a new window to replace the existing door and window, replacement of existing doors with new bi-folding doors at ground floor level to the rear elevation; installation of a new window to replace the existing door to the rear of bedroom at ground floor level.
89 Talgarth Mansions Talgarth Road London W14 9DF 2016/01474/FUL
Replacement of 3 no. windows to the front elevation, 3 no. windows to the rear elevation and 1 no. window in the concealed alleyway to the rear, all at ground floor level, with double-glazed white framed uPVC sash windows.
29 Southerton Road London W6 0PJ 2016/00794/FUL
Erection of a rear extension at second floor level, on top of the existing back addition.
1 Friston Street London SW6 3AS 2016/01492/FUL
Erection of a single storey rear extension, to the side and rear of the existing back addition; installation of a new sash window to rear elevation at first floor level; installation of four new doubled glazed sash windows to front elevation at ground and first floor levels.
91 Nasmyth Street London W6 0HA 2016/01379/FUL
Erection of an additional floor at roof level; erection of a single storey rear extension, to the side and rear of the existing back addition; installation of a new window at the rear elevation and bricking up of 1no window to the side of rear back addition at first floor level.
27 Doneraile Street London SW6 6EL 2016/01462/FUL
Erection of a rear extension at second floor level over part of the existing back addition; erection of a single storey rear extension, to the side and rear of the existing back addition; excavation of the front and rear garden to form lightwells in connection with the creation of a new basement; installation of 3no windows to replace the existing windows to the side of rear back addition, installation of French doors and a Juliet balcony to replace the existing window at first floor level to the rear elevation.
Flat Ground Floor 62 Wandsworth Bridge Road London SW6 2TH 2016/01597/FUL
Excavation of front garden and part of rear garden to form lightwells, in connection with the enlargement of the basement; erection of a single storey rear extension, to the side and rear of the existing back addition at ground floor level.
Studio 2 Kingsley House Avonmore Place London W14 8RY 2016/00869/FUL
Installation of a new window to the southern elevation at ground floor level.
27 Doneraile Street London SW6 6EL 2016/01495/FUL
Erection of a rear extension at second floor level over part of the existing back addition; erection of a single storey rear extension, to the side and rear of the existing back addition; excavation of the front, side and rear garden to form lightwells in connection with the creation of a new basement; installation of 3no windows to replace the existing windows to the side of rear back addition, installation of French doors and a Juliet balcony to replace the existing window at first floor level to the rear elevation.
1 Clancarty Road London SW6 3AH 2016/01392/FUL
Installation of an air conditioning unit above the main roof at roof level.
5 Rowan Terrace London W6 7DZ 2016/01537/FUL
Erection of a single storey rear extension, to the side and rear of the existing back addition; erection of a single storey outbuilding following the demolition of the existing outbuilding in the rear garden; associated landscaping in the rear garden.
Flat 1 Ground Floor 146 Sinclair Road London W14 0NL 2016/01543/FUL
Replacement of existing casement windows to front and rear elevations at ground floor level with new double glazed sash windows.
3 Weltje Road London W6 9TG 2016/01210/FUL
Erection of a rear roof extension; formation of a roof terrace at third floor level to the rear elevation; erection of a rear extension at second floor level, on top of the existing back addition; further excavation and enlargement of the existing basement and lightwells; erection of a new external staircase from basement to ground floor level at the front of the property.
Flat A Ground Floor 2 Finlay Street London SW6 6HD 2016/01258/FUL
Excavation of the front garden to form a lightwell in connection with the enlargement of the basement.
FOR CONSERVATION AREA CONSENT (DEMOLITION WORK)
FOR LISTED BUILDING CONSENT
62 Black Lion Lane London W6 9BE 2016/01535/LBC
Erection of a single storey rear extension following the partial demolition of the existing ground floor; internal alterations to include formation of a new utility area, wc, kitchen area, removal of existing non-original door, reinstatement of the original arch support and coving, covering of the existing non-original fire surround, shadow gap details to be used in new areas of the house, refurbishment of the original skirting in parts of the house, refurbishment of the original architraves, removal of shelving in fire place and replace with a period stove and reinstatement of the fire surround; associated internal alterations.
FOR DEVELOPMENT WHICH MAY AFFECT THE SETTING OR CONTEXT OF A LISTED BUILDING
62 Black Lion Lane London W6 9BE 2016/01534/FUL
Erection of a single storey rear extension following the partial demolition of the existing ground floor and associated internal and external alterations.
16 St Peter's Grove London W6 9AZ 2016/01329/FUL
Erection of a single storey rear extension, to the side and rear of the existing back addition; erection of an additional floor at roof level.
Anyone who wishes to make representations about these applications should do so by **8th May 2016**. See below for ways of commenting on applications.

THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2013
NOTICES UNDER REGULATION 13
100 Goldhawk Road London W12 8HD 2016/01007/FUL
I give notice that Mr Malik is applying to HAMMERSMITH & FULHAM COUNCIL for planning permission to carry out the following development: Excavation of the rear yard and erection of a two storey rear extension at basement and ground floor level, together with the formation of a new rear lightwell, in connection with the existing restaurant use; erection of a new external staircase at the rear of the premises; and alterations to the shop front on the front elevation to incorporate an additional door.
65 Hazlebury Road London SW6 2NA 2016/00935/FUL
I give notice that Mrs Patricia Oliver is applying to HAMMERSMITH & FULHAM COUNCIL for planning permission to carry out the following development: Installation of a new door to replace the existing window and replacement of existing window with a new window in the rear roofslope; installation of a hinged rooflight above the main roof at roof level; erection of railings around the flat roof at second floor level to the rear elevation in connection with its use as a terrace; installation of a dormer window to replace the existing window at first floor level to the rear elevation; erection of a single storey rear extension to the side of the existing back addition; alterations to the rear fenestration and to the roof of single storey back addition; conversion of the single family dwellinghouse into 2 x two bedroom self-contained flats.
32 Dawes Road London SW6 7EN 2016/01496/FUL
I give notice that Mr M Leufroy-Murat is applying to HAMMERSMITH & FULHAM COUNCIL for planning permission to carry out the following development: Erection of a single storey rear extension, to the side and rear of the existing back addition at lower ground floor level; excavation of the front garden to form a lightwell in connection with the enlargement of the existing basement; erection of external staircases from basement to ground floor level at the front and rear of the property; formation of cycle parking at basement level and refuse storage at upper ground floor level; removal of existing skylights and installation of a new rooflight above the main flat roof at roof level; conversion of the existing building to provide 3 x two bedroom and 1 x one bedroom self-contained flats.
52A Collingbourne Road London W12 0JQ 2016/01585/FUL
I give notice that Mr Alex Findlater is applying to HAMMERSMITH & FULHAM COUNCIL for planning permission to carry out the following development: Erection of a rear roof extension; erection of a rear extension at second floor level over part of the existing back addition; alterations to the roof of back addition to incorporate a flat roof and the erection of privacy screen around the flat roof at second floor level to the rear elevation in connection with its use as a terrace; installation of 3no rooflights to replace the existing rooflight in the front roofslope; conversion of the first floor and second floor level into 1 x studio and 1 x two bedroom self-contained flats.
Anyone who wishes to make representations about these applications should do so by **8th May 2016**. See below for ways of commenting on applications.
Signed: **NIGEL PALLACE**
Executive Director for Transport and Technical Services
on behalf of HAMMERSMITH & FULHAM COUNCIL
You can view applications, make comments and monitor their progress on our website:
www.lbhf.gov.uk/planning. Click on the 'Planning Online' logo on the Planning Home Page.
You can also E-mail comments to:
plancomments@lbhf.gov.uk
You can also inspect details of applications using computers at our office **RECEPTION FIRST FLOOR HAMMERSMITH TOWN HALL EXTENSION KING STREET W6** between 9.00am and 5.00pm, Monday to Friday, excluding public holidays.
If you want to make comments on applications please E-mail them through our website or post them to **DEVELOPMENT MANAGEMENT SERVICE ENVIRONMENT SERVICES DEPARTMENT TOWN HALL KING STREET W6 9JU** by the date shown above. Please include the application reference number and the name of the planning officer. We will try to consider any representations received after the date indicated but this cannot be guaranteed so please reply promptly. For initial enquiries call our information and reception service on **020 8753 1081** or **020 8753 1082**.

lbhf.gov.uk/planning Online
Send us your comments about planning applications via our website: **www.lbhf.gov.uk/planning**

Hammersmith & Fulham Council

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(AEGON TENNIS TOURNAMENT)

TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate the Aegon Championships tennis event, it intends to make an Order the effect of which would prohibit vehicular traffic, suspend sections of parking bays, extend Controlled Parking Zone (CPZ) D operational hours within part of the existing boundaries of CPZ D, and introduce a one way traffic flow system in sections of roads as listed in the articles to this notice.
2. During the event or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed, stop, wait, load or unload in Palliser Road, from its junction with the northern kerb line of Comeragh Road, southwards to its southern extremity.
3. An alternative route for traffic in article 2 would not be required.
4. Whilst temporary works are in progress or whilst the authorised traffic signs are displayed in order to facilitate the event build/breakdown works, the one-way traffic flow system which operates in Palliser Road between Margravine Gardens and Barton Road shall be suspended.
5. During the event or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed, stop, wait, load or unload in Palliser Road, between its junction with Comeragh Road and its junction with Barton Road other than in a northerly direction;
6. During the event or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed, stop, wait, load or unload in Comeragh Road between its junction with Palliser Road and Gledstanes Road;
7. During the event or whilst the authorised traffic signs are displayed, the waiting restrictions on both sides of the access road between Baron's Court Road and Comeragh Road adjacent to No. 2 Comeragh Road and in operation Monday – Friday 9am-5pm will be extended to be in operation 'At any time'.
8. Whilst works are in progress or whilst the authorised traffic signs are displayed, the permitted hours of the existing Controlled Parking Zone D would be extended from 9am to 5pm Monday to Friday to 9am to 7pm Monday to Sunday in Greyhound Road (from its junction with Star Road to its junction with Musard Road), Star Road (from its junction with St Andrew's Road to its junction with Vererker Road), Baron's Court Road, Barton Road, Palliser Road, Comeragh Road, Gledstanes Road, Vererker Road, Challoner Street, Castletown Road, Charleville Road, Fairholme Road, Perham Road, St Andrew's Road and Challoner Crescent.
9. Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to stop, wait, load or unload in:-
   (a) Palliser Road, its south-western kerb line, from its southern extremity, northwards to the common boundary of Nos. 7 and 9 Palliser Road;
   (b) Palliser Road, its north-eastern kerb line, from its southern extremity, northwards to a point 12.00 metres north of its junction with the northern kerb line of Comeragh Road;
   (c) Comeragh Road, its south-eastern kerb line, from its junction with the north-eastern kerb line of Palliser Road, north-eastwards to its junction with south-western kerb line of Gledstanes Road;
   (d) Comeragh Road, its north-western kerb line, from a point opposite the south-western kerb line of Palliser Road, eastwards for a distance of 10.00 metres;
   (e) Comeragh Road, its south-eastern kerb line, in the disabled person's parking bay, from the common boundary of Nos. 107 and 109 Comeragh Road, south-westward for a distance of 6.00 metres;
   (f) Comeragh Road, the south-eastern kerb-line, from its junction with Gledstanes Road to the common boundary of Nos. 67 and 69 Comeragh Road;
   (g) Gledstanes Road, the south-western kerb-line, from its junction with Comeragh Road to the common boundary of Nos. 2/4 Gledstanes Road;
   (h) Gledstanes Road, the north-eastern kerb-line, from its junction with Comeragh Road to the south-eastern boundary of No. 71 Comerragh Road.
10. Between the hours of 5am-6am lorry movements escorted along the whole of Palliser Road, traffic may proceed in the opposite direction of on coming traffic. The 2016 dates of these escorts are 03rd May to 10th June 2016, and then 20th June to 8th July 2016.
11. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
12. The Order would come into operation on Tuesday, 03rd May 2015 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.

Works for the build/breakdown would be expected to commence on certain dates falling between 03rd May 2016 and 08th July 2016. The tournament dates to which the restrictions described in the articles to this notice would apply fall between 11th June 2016 and 19th June 2016. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 13th day of April 2016

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

Public Notices

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LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(ARGON MEWS)

TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate utility installation works to be carried out in the above named road, it made an Order the effect of which would prohibit vehicular traffic in the above named road.
2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed, stop, wait, load or unload in Argon Mews.
3. An alternative route for traffic in article 2 would not be required.
4. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
5. The Order will come into operation on the 20th April 2016 and will be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
6. Works are expected to commence on Wednesday 20th April 2016 and last for 3 days. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 13th day of April 2016.

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(BLYTHE ROAD)

TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate filming to be carried out in the above named road, it intends to make an Order the effect of which would prohibit vehicular traffic in a section of the above named road.
2. Whilst filming is in progress, or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed, stop, wait, load or unload in Blythe Road between its junctions with Girdlers Road and Hazlitt Road.
3. An alternative route for traffic in article 2 would be in place via Girdlers Road, Brook Green and Aynhoe Road.
4. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
5. The Order would come into operation on the 4th May 2016 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
6. Works would be expected to commence on Wednesday 4th May 2016 and last for 1 day. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 13th day of April 2015.

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(BURLINGTON ROAD)

TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate Thames Water works to be carried out in the above named road, it made an Order the effect of which prohibits vehicular traffic in a section the above named road.
2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed, stop, wait, load or unload in a section of Burlington Road between its junctions with Fulham Road and Rigault Road.
3. An alternative route for traffic in article 2 would be in place via Rigault Road, Landridge Road and Fulham Road.
4. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
5. The Order would come into operation on the 25th April 2016 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
6. Works would be expected to commence on Monday 25th April 2016 and last for 1 day. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 13th day of April 2016.

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(FULHAM PALACE ROAD)

TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate development works to be carried out in the above named road, it made an Order the effect of which will prohibit pedestrian traffic on a section of the footway on the above named road.
2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall proceed along a section of the footway on Fulham Palace Road between no. 73 Fulham Palace Road its junction with Yeldham Road.
3. A diversion for pedestrian traffic in article 2 would be provided via the western footpath on Fulham Palace Road.
4. Exemptions will be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
5. The Order will come into operation on the 25th April 2016 and will be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
6. Works are expected to commence on Monday 25th April 2016 and last for 5 days. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 13th day of April 2016.

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(KING STREET)

TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate survey works to be carried out in the above named road, it made an Order the effect of which will prohibit vehicular traffic in a section of the above named road.
2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed, stop, wait, load or unload in a section of King Street between its junctions with Queen Caroline Street and Angel Walk.
3. An alternative route for traffic in article 2 would be in place via Shepherd's Bush Road, Goldhawk Road, Paddenswick Road and Dalling Road.
4. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
5. The Order will come into operation on the 24th April 2016 and will be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
6. Works are expected to commence on Sunday 24th April 2016 and last for 2 days. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 13th day of April 2016

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(KING STREET)

TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate utility installation works to be carried out in the above named road, it made an Order the effect of which would suspend a section of the cycle lane in the above named road.
2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, the cycle lane on King Street shall be suspended between it's junction with Studland Street and No. 158 King Street.
3. An alternative route for traffic in article 2 would not be required.
4. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
5. The Order will come into operation on the Monday 25th April 2016 and will be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
6. Works are expected to commence on Monday 25th April 2016 and last for 5 days. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 13th day of April 2016

Nicholas Ruxton-Boyle
Chief Transport Planner
Transport and Highways

Young keepers put R's in safe hands

ONE of the biggest pluses to come out of this transitional season for Queens Park Rangers has been the emergence of two promising young goalkeepers.

Former England keeper Robert Green has been frozen out of the first team reckoning since Jimmy Floyd Hasselbaink became manager in early December, as the west London club set about slashing its wage bill in the wake of relegation from the Premier League.

Green is out of contract at the end of this season and will soon be the next big earner to be heading through the Loftus Road exit door.

In recent months Green's replacement, Alex Smithies, 26, has earned plaudits for a string of match-winning and game-saving performances.

Now R's have discovered another good, young prospect between the sticks.

Matt Ingram, 22, came in for his QPR debut at Cardiff City on Saturday and impressed by keeping a clean sheet with a commanding performance in his first outing at senior level.

The bearded Ingram, signed from League Two side Wycombe Wanderers in January, looked calm, decisive, athletic and particularly sharp off his line.

Believe

Hasselbaink, who decided to rest Smithies for the game in South Wales, said: "Matt came in and played well. We really believe in him and we really believe he can push Alex (Smithies) all the way.

"Alex is my number one but it's fantastic to have that healthy competition.

"We wanted to give Matt experience of playing in this division – and he showed what he is capable of.

ALEX Smithies

"He showed a lot of calmness, a lot of guts, a lot of know-how and he's got a really bright future ahead of him."

Ingram made a stunning save from Sean Morrison's powerful downward header following a Peter Whittingham corner in the 71st minute to keep his team in the game.

It is asking a lot for Smithies and Ingram to emulate past Rangers keepers Ron Springett, Phil Parkes and David Seaman, who went on to gain full international caps for England, but the club's goalkeeping future appears to be in good hands.

Returning to Saturday's goal-less draw at Cardiff City Stadium, Hasselbaink said: "I think it was a fair result – and a good point. If you look at the whole game and not just the final five minutes when they threw numbers forward because it was a game they really needed to win, then it is a fair result.

"If we'd have come here earlier in the season, when there is less at stake, they would not have put so many men forward, so you have to look at it in context.

"We are happy with a point here – they have only lost once at home all season. I was really pleased with the commitment, spirit and togetherness of the players."

He added: "Our first half performance was very good. Of course, I would have liked us to penetrate them a little more but we were always in control.

"To come away from home and be so dominant in possession in the opening 45 minutes is hugely encouraging.

"They were always going to be better in the second-half but we still restricted them to maybe just one or two shots on target throughout the 90 minutes.

"A clean sheet here is a huge plus."

Despite his acclaimed stoppage-time match-winner in the previous game against Charlton Athletic in W12, Nasser El Khayati had to be content to sit on the subs' bench again – this time until the 72nd minute, when he replaced Tjaronn Chery. R's fans will hope to see more of the classy Dutchman, who looks like he has got something about him, in the closing weeks of the season.

The same applies to the under-used Conor Washington, who was given only six minutes to try and make an impact after subbing for Matt Phillips.

After visiting in-form promotion-chasing Brighton & Hove Albion on Tuesday, QPR return to Shepherd's Bush on Saturday when they face Reading.

LOFTUS ROAD RANGERS REVIEW
With Tony McDonald

FOOTBALL FIXTURES

Saturday, April 23
AFC Bournemouth v CHELSEA, 3.00
FULHAM v Nottingham Forest, 3.00
QPR v Reading, 3.00

PLAY it again, Sam! Robson hit double-century Pic: Rob Newell/Digital South

Robson record-breaker

● COUNTY CRICKET ROUND-UP

MIDDLESEX opener Sam Robson staked his claim for a Test recall with a superb double-century at Lord's against Warwickshire, who elected to bowl in the opening County Championship match of the season which began on Sunday.

Robson ended the first day's play on 175, sharing in a 180-run opening stand with Nick Gubbins. It was Australian-born Robson's first century since May 2015.

Highest score

And he continued where he left off by achieving his third first-class double century and the highest score of his career on Monday.

After despatching Jeetan Patel over the offside for his first six, he was caught by Ian Bell at deep mid-off for a magnificent 231 off 345 balls which brought him 30 fours.

At lunch on day two, Middlesex were 452 all out in 131.5 overs – their highest ever score against Warwickshire, which has stood since Bill Edrich amassed 225 at Edgbaston in 1947.

Capped seven times by England, Robson said: "We were going to bowl too. It was still tough work but, once you were in and playing the ball on merit, you just put the bad ball away.

"It was a very pleasing day. I felt good. The sun was out and, when you get sent in, you want to try to get off to a good start and get to lunch.

"To kick on was very satisfying and we are in a great position. I'm in a good place and it's great to start well.

"I've been expecting to bat first for four months. I've worked on a few little things with my game."

Middlesex head up to Durham for their second CC1 match, starting on Sunday.

Fulham win family award

FULHAM were named Nickelodeon Family Club of the Year at the 2016 Football League Awards on Sunday evening.

They beat Middlesbrough, Doncaster Rovers, Millwall, Stevenage and Oxford United to the accolade, which was received at a gala ceremony at Manchester Central in front of over 600 guests from clubs, sponsors and the football industry.

"We are thrilled and delighted to receive this prestigious award," said Sarah Brookes, the club's communications and marketing director.

"We have worked hard to ensure Fulham is accessible to all, with a particular focus on families who we view as a hugely important part of our fanbase.

"We are an affordable and enjoyable destination and will continue to think of new ways to maintain our successful Family club status."

The award was accepted by Fulham's senior marketing executive Jack Burrows, who said: "It's a privilege to have won this prestigious award and is testament to a lot of hard work that goes on behind the scenes.

"We will continue to strive to deliver a first-class match day experience."

CHELSEA from back page

Cahill agreed that being 10th in the table and having nothing but pride to play for could be one explanation for Blues' failure to keep a clean sheet in 10 consecutive home games, equalling a run dating back to 1970.

"We are not used to it and sometimes that produces performances like that. But we should have more pride in ourselves to go out and give a performance and at least run around and try to get close to people.

"We need to maybe speak this week as a group, because we have some great players and some good lads. We have nothing to play for but I don't care, you run around and if you make mistakes you make mistakes and you go again. I thought we lacked that in this game."

WHILE the first team remain entrenched in mid-table, the under-19s are powering their way in Europe, reaching the UEFA Youth Cup final for the third time in four years.

In Friday's semi-final in Nyon, Switzerland, they overcame Belgium side Anderlecht 3-0 with strikes from Kasey Palmer, Charlie Colkett and goal-machine Tammy Abraham.

LWN Sport went to press before Monday afternoon's final against PSG who beat Real Madrid 3-1 in the other semi-final.

Ex-Pimlico Academy student, Abraham, 18, said ahead of that clash: "It's a great feeling to get to another final. Everyone is behind each other and we have shown good togetherness to get to the final.

"Scoring goals is what I love doing. I have confidence in myself but as long as we win, it doesn't matter who scores. We've got good leaders in the team and experienced players who will get behind the younger boys and give them confidence for the final."

DATES for the FA Youth Cup final with Manchester City have been confirmed.

The under-18s will play their first leg in Manchester on Friday, with the return at Stamford Bridge on Wednesday, April 27 at 7.45pm.

CHELSEA Ladies have reached yet another FA Cup Final. Fran 'Mini Messi' Kirby scored a dramatic last-gasp winner, deep into added time of extra-time, to see off Manchester City, 2-1, at Wheatsheaf Park, Staines.

The holders went behind to a strike by Jane Ross, before Ji So-Yun's brilliant free-kick levelled the scores.

That took Sunday's match into extra-time. With penalties looming, up stepped Kirby to drill home the last minute winner.

They now face Arsenal, who thrashed Sunderland 7-0 in the other semi-final, in the all-London final at Wembley on Saturday, May 14.

Paul Lagan

Curran is penalised

SURREY lost their opening County Championship match to Nottinghamshire at Trent Bridge by three wickets after the hosts, who were put into bat, set up victory with a score of 446 all out in their first innings.

The visitors were all out for 225 in reply and, having to follow-on, improved to 389 all out second time around. Arun Harinath, who hit 137, and Kumar Sangakarra (83) led the recovery.

But Notts reached their winning total of 172-7 in 42.4 overs on day four.

Pick of the Surrey bowlers were Ravi Rampaul, who took a first innings 'fifer' on debut before collecting three more scalps second time up, and Tom Curran, who bagged three and four wickets respectively.

It was later confirmed that Curran has received penalties under the ECB's discipline code.

Curran was reported by umpires David Millns and Tim Robinson for a Level One breach of the code – showing dissent at an umpire's decision by word or action. The penalty for these offences is a reprimand.

The penalties will remain on the ECB records for a period of two years and the accumulation of nine or more penalty points in any two-year period will result in an automatic suspension.

Surrey begin their home campaign with a CC1 match against Somerset at the Kia Oval from Sunday.

London Weekly News

SPORT

Tuesday, April 19th, 2016 ● SPORTS DESK: 07711 169 427

FEELING the pain – Gary Cahill, Thibaut Courtois and Nemanja Matic Pic: Rob Newell/Digital South

'Rubbish' Blues lacking desire

● By LWN reporter **Paul Lagan**
sport@londonweeklynews.co.uk

GARY Cahill described Chelsea's dreadful performance on Saturday against Manchester City as "rubbish" – an understatement if ever there was one.

This Saturday Blues have a chance to regain some self-respect when they travel to the south coast to face Bournemouth.

But the 3-0 loss to City at Stamford Bridge will be one that will live long in the memory of the Chelsea faithful who have seen their side disintegrate from Premier League champions to mid-table mediocrity in a matter of months.

Jose Mourinho's inability to secure the funds needed to replenish the side in the summer cost him his job, as players simply stopped performing for the Portuguese.

Likeable Guus Hiddink secured a sequence of positive league results which moved the side out of the relegation zone quickly enough.

But once again the players have given up and successive defeats have left the club devoid of any European football next season.

From champs to chumps, the side which Hiddink described as 'being in a transition period' is now looking in need of a total rebuild.

Galvanise

Lame duck Hiddink will be able to spend more time on the golf course if he wishes, now that the minimum requirement of league survival has been achieved. But professional pride is something he has in spades, unlike a number of Chelsea's players, and now he will attempt to galvanise some of the senior pro's to aid the influx of kids he will blood in the final few weeks of the season.

Putting a not wholly convincing spin on the situation, Hiddink thinks the lack of European football next season might be a blessing in disguise.

"With the Premier League, Capital One Cup and FA Cup, not having the chance to play in Europe will give new manager Antonio Conte and directors the chance to build a good team to compete for the top four places in the league," he said.

Conte will have a clear week between league games to work with his players – something Hiddink agrees will benefit the Italian newcomer.

"If you have a game every three or four days, it is difficult to get the team very well prepared tactically."

After the previous week's defeat at Swansea City, Hiddink was worried that playing youngsters in a losing team can be a problem. So will he pursue this policy on Saturday?

"Yes. They can gather a lot of experience," he said.

"Not all of them, because it depends which experienced players we have available.

Some (experienced) players have come back in who haven't played for a few weeks but, nevertheless, I will have some youngsters coming in who deserve to play.

"If you see (Rufus) Loftus-Cheek, he is playing and he is growing a bit. He can be even more dangerous of course. It would be easy to have him not start in games like Manchester City and just bring him in for the last 20 minutes. But in our situation, he must get experience against big teams as well."

This week at STAMFORD BRIDGE

It seems that combative Nemanja Matic has become the fall guy making way for Loftus-Cheek. So what's the problem with Matic?

"Every now and then he has played," said the Dutchman. "He has made his minutes as well in my period. When you choose a midfield you can play with Fabregas, Matic and an attacking midfielder player like Loftus-Cheek did against Manchester City. But you can also play with Mikel. I have played him from the start and he is doing well. I appreciate Matic as well but they have to accept the situation as it is.

"I can't complain about anything Matic has done in training. But in some positions you have two strong players and then I have to make a choice. When we play Fabregas with his creative play, then we pick a player to compensate (defensively), like Mikel, who can cover but is also good at short passing."

Hiddink admits it's "partly true" that some players are saving themselves for Euro 2016,

"But I can't blame the players for having a lack of attitude. Some players might be thinking about it, although I can't look deeply into their brain."

Manchester City boss Manuel Pellegrini said his players suffered from reading about Pep Guardiola leaving Bayern Munich to replace him this summer and the impact it will have on players who might come and go at The Etihad. Is the same thing happening at Chelsea because of Conte's imminent arrival?

"I can't read all the minds but the players who are coming in now, including the youngsters, can show their worth," he said.

"It might have some influence on players' minds but it's difficult for me to judge. But anyhow, they must show and give something even when there is nothing at stake.

"When you play for the title, or in Manchester City's case a top four place, then they have a little bit extra to bring to each game, plus they have two players to choose from in every position."

Gary Cahill returned to the side following injury and is expected to keep his place against Bournemouth.

"It is unbelievably disappointing," he conceded after Blues were punished by a Sergio Aguero hat-trick.

"I thought we got what we deserved. At times in that game we were rubbish and lacked the desire to get a result. They had it and they punished us for it.

"We seemed to have a few corners and the next minute they were down our end having a dangerous attack at goal. Maybe it was a lack of concentration from us.

"We started the game OK, had a few chances, put a bit of pressure on and got some corners. But, overall, we can play a hell of a lot better than that."

■ Continued on page 27

Focus on Craven Cottage

By TONY McDONALD

No excuses as Fulham fold

FULHAM head coach Slaviša Jokanović is very rarely anything less than honest in his assessment of his team's performance and he certainly didn't look for excuses after Friday's 5-0 battering at Brighton & Hove Albion.

After Whites' worst defeat of the season, Jokanović said: "We offered Brighton so many easy chances to score and that's frustrating. After half an hour they got a silly penalty and made it very difficult for us to compete. After that it was set-piece after set-piece.

"At the beginning we stuck to our plan. We moved the ball and we maintained possession. After we'd made a few mistakes we started to play long balls. We didn't show the character to try and continue with our game-plan and play football. They scored five goals and we're lucky they didn't score more."

Tomer Hemed scored a hat-trick as Brighton breezed past Fulham to move into the Championship automatic promotion places. Hemed converted from the penalty spot before making it 2-0 by heading home Anthony Knockaert's deep free-kick.

Bruno Salter (54 mins) killed any hope of a Whites fightback when he found himself unmarked at the far-post from a corner, before Israeli striker Hemed (79) tapped in for his hat-trick following a fortunate deflection and Knockaert (87) fired past Marcus Bettinelli to complete the rout.

It was the first time in eight games that Whites had failed to score. Lasse Vigen Christensen and Emerson Hyndman were the only visiting players to test home keeper David Stockdale, who joined Brighton from Fulham in 2014.

Penalties

Of the spot-kick that set Seagulls on the way to their biggest win of the season, after Richard Stearman nudged James Wilson to the ground, Jokanović admitted: "We've given 11 penalties away this season. We need to maintain our concentration for longer periods. We can't put the referee in the dilemma where he needs to make a call whether it's a penalty or not."

Yes, of course, Wilson made a meal of it, but doesn't every player in that situation these days? At least Jokanović, unlike most modern managers, held his own player to account rather than point an accusing finger at the officials.

Whites were undermined by familiar failings on the south coast, where they were all at sea at times and simply folded.

"We're unable to defend set-pieces. We've conceded more than 30 goals from these kind of situations. It's very complicated to recover after those set-pieces.

"We've now conceded another three set-pieces tonight. We cannot compete for important things in the future if we're unable to defend set-pieces.

"If we want to be competitive next season we have to improve but we also have to be thinking about this season still. We're not safe and that's clear. After three good games we've not shown the same face tonight."

Ahead of their visit to Ipswich on Tuesday, Fulham were nine points clear of third-from-bottom Milton Keynes Dons with four games to play. Nottingham Forest come to SW6 this Saturday for the penultimate home game of the season.

■ Continued on page 27

YOUNG KEEPER CATCHES THE EYE – page 27